

# California Avocado Super Summer Wrap

Fresh avocado doubles for dressing and filling, complementing blueberries, carrots, arugula and chicken in this appetizing summer wrap.

Makes: 4 Servings  
Prep Time: 15 minutes

Source: [MyPlate Super Simple Cookbook](#)



Small Changes,  
BIG Difference!

## Ingredients

- 1 ripe avocado (seeded, peeled, and cut into chunks)
- 1/2 cup plain nonfat Greek yogurt
- 1 teaspoon lime juice
- 1/2 cup blueberries
- 1/2 cup carrots (grated)
- 1/4 cup red onion (chopped)
- 2 cups fresh arugula (chopped)
- 12 ounces cooked chicken breast (cubed)
- 4 8" whole wheat tortillas

## Directions

1. Mash half the avocado chunks with yogurt and lime juice in a medium bowl.
2. Add remaining filling ingredients, including the rest of the avocado chunks; mix gently.
3. Top each tortilla with 1/4 of filling mixture.
4. Roll tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.



## Nutrition Information

Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	379
Total Fat:	13g
Saturated Fat:	4g
Cholesterol:	86mg
Sodium:	346mg
Total Carbohydrates:	30g
Dietary Fiber:	8g
Total Sugars:	6g
Added Sugars:	1g
Protein	35g

## Utensils Needed

- Sharp knife
- Cutting board
- Medium bowl
- Mixing spoon
- Fork
- Measuring spoons
- Measuring cups

# SHOPPING LIST

Average total cost without oil and seasonings: \$22.80

Average cost/serving: \$5.70

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Avocado



Add 1 to Cart  
Carrot



Add 1 to Cart  
Plain nonfat yogurt



Add 1 to Cart  
Red onion



Add 1 to Cart  
Lime



Add 1 to Cart  
Arugula



Add 1 to Cart  
Blueberries



Add 1 to Cart  
Chicken breast



Add 1 to Cart  
Whole Wheat Tortillas

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Be sure to cook chicken breast until the thickest part is at 165°F (74°C) or when no pink areas remain when sliced.
- Avocado not quite ripe? Place unripe avocados in a brown paper bag with an apple or banana for two to three days until ripe.

### Similar Recipes

- Rainbow Wrap
- Crunchy Vegetable Wrap



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