AVOCADO AND WHITE BEAN WRAP

SERVES 4

White beans mashed with ripe avocado and blended with sharp Cheddar and onion makes an incredibly rich, flavorful filling for this wrap. The tangy, spicy slaw adds crunch.

INGREDIENTS

Juice of 1 lime
2 teaspoons finely chopped canned chipotle chile in adobo sauce*
1/4 teaspoon salt
2 cups shredded red cabbage
1 medium carrot, shredded
1/4 cup chopped fresh cilantro, optional
1 15-ounce can white beans, rinsed
1 ripe avocado
1/2 cup shredded sharp Cheddar cheese
2 tablespoons minced red onion
4 8-10-inch whole wheat wraps or tortillas

DIRECTIONS

1. Whisk lime juice, chipotle chile, and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Adapted from EatingWell, July/August 2009

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