

# California Avocado Super Summer Wrap

Makes: 4 servings

## Ingredients

1 ripe avocado (cut into chunks)  
½ cup plain nonfat Greek yogurt  
4 tsp. lime juice  
½ cup blueberries  
½ cup carrots (grated)  
¼ cup red onion (chopped)  
2 cups fresh arugula (chopped)  
12 oz. cooked chicken breast (cubed)  
4 8-inch whole-wheat tortillas

## Preparations

- 1) In a medium bowl, mash half of the avocado chunks with yogurt and lime juice.
- 2) Add the remaining ingredients, including the rest of the avocado chunks. Mix gently.
- 3) Top each tortilla with ¼ of the filling mixture.
- 4) Roll up each tortilla and tuck in ends. Slice in half diagonally, securing with toothpicks, if needed.

## Nutritional Information

(per serving)

Total calories	389
Total fat	13 g
Protein	35 g
Carbohydrate	32 g
Dietary fiber	7 g
Saturated fat	3 g
Total sugars	6 g

Source: USDA