

## Creamy Avocado and White Bean Wrap

*Hosted by: UCSD FitLife Dietician*



### Ingredients:

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce, (see Note)
- 1/4 teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- 1/4 cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- 1/2 cup shredded sharp Cheddar cheese
- 2 tablespoons minced red onion
- 4 8- to 10-inch whole-wheat wraps, or tortillas

### Directions:

1. Whisk vinegar, oil, 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.