Kid-Friendly White Bean and Avocado Wrap

This kid-friendly favorite makes a delicious no-cook meal that's super quick and easy to put together for a school lunch or on a busy night.

Ingredients

3 tablespoons vinegar (red wine, white, or apple cider)

1 1/2 teaspoons extra-virgin olive oil

1 teaspoon honey

1/8 teaspoon pepper

1 medium carrot, shredded

2 cups shredded green or purple cabbage
OR
2 cups shredded romaine lettuce or torn baby spinach

1/2 cup cherry tomatoes, quartered

1 tablespoon coarsely chopped fresh cilantro and 1 tablespoon coarsely chopped fresh cilantro, divided use

1 15.5-ounce can no-salt-added white beans, such as navy, cannellini, or Great Northern, rinsed and drained

1 medium ripe avocado, quartered

4 8-inch whole-wheat or corn tortillas (lowest sodium available)

Directions

In a medium bowl, whisk together the vinegar, oil, honey, and pepper.

Stir in the carrot, cabbage, tomatoes, and 1 tablespoon cilantro, tossing gently. Let stand for 15 minutes.

In a small bowl, gently stir together the beans and avocado. Using the back of a fork, mash the mixture until thoroughly blended and spreadable.

Place the tortillas on a cutting board or clean, flat surface. Spoon two heaping tablespoons of the mixture down the center of each, stopping about two inches from the edges.

Stir the cabbage mixture. Spoon two heaping tablespoons on top of the bean mixture.

Sprinkle with the remaining 1 tablespoon cilantro.

Fold the sides of the tortillas over the filling.

Quick Tips

Tip: You can substitute black, pinto, kidney, or garbanzo beans for the white beans if you prefer.

Tip: When buying tortillas, compare nutrition labels and choose the product with the lowest amount of sodium.

Tip: To get the kids involved in the kitchen, ask them to help with age-appropriate tasks, such as measuring, peeling, whisking, stirring, mashing, and assembling.

Calories	Protein	Fiber
339 Per Serving	12g Per Serving	15g Per Serving

Nutrition Facts

Calories	339
Total Fat	11.0 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	7.0 g
Cholesterol	0 mg
Sodium	471 mg
Total Carbohydrate	54 g
Dietary Fiber	15 g
Sugars	10 g
Protein	12 g

Dietary Exchanges

3 starch, 2 vegetable, 1 lean meat, 1 fat