Creamy Avocado & White Bean Wrap

From – www.eatingwell.com

2 Tbsp cider vinegar
1 Tbsp canola oil
2 tsp finely chopped canned chipotle chile in adobo sauce
¼ tsp salt
2 cups shredded red cabbage or thinly sliced cucumber
1 medium carrot, shredded
1 – 15 ounce can white beans, rinsed
1 ripe avocado
½ cup shredded sharp cheddar cheese
2 Tbsp minced red onion
4 whole-wheat tortillas

• Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
• Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
• To assemble the wraps, spread ¼ of the bean-avocado mixture onto a tortilla and top with about ¼ of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

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