

Creamy Avocado and White Bean Wrap

INGREDIENTS:

- 2 Tablespoons apple cider vinegar
- 1 Tablespoon canola oil
- ¼ Tablespoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded Daiya dairy-free cheddar cheese
- 2 Tablespoons minced red onion
- 4 eight to ten inch corn tortillas or washed and dried thick green leaves (such as kale)

PREPARATION:

Layer turkey lunch meat (flat) with mashed avocado (spread evenly), alternate layers. Roll layered lunch meat and avocado lengthwise. Take roll of meat and avocado and coat with a thin, evenly spread layer of mashed avocado. Roll again in chopped pumpkin seeds and slice into pinwheels.

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NOTES FROM THE COOK:

