

Creamy Avocado & White Bean Wrap

“Slaw”

Toss in a large bowl:

- 2 cups finely shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup fresh cilantro, chopped finely

Dressing

Whisk together in a bowl, then pour over “Slaw”:

- 2 Tbsp cider vinegar
- 1 Tbsp canola oil
- 2 tsp finely chopped canned chipotle chili in adobo sauce
- ¼ tsp salt

Filling

- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp Cheddar cheese
- 2 Tbsp finely minced red onion

Mash beans and avocado in a medium bowl with a potato masher. Stir in cheese and onion.

Assemble:

- 8” whole wheat tortillas
1. Spread about ½ cup of bean-avocado mixture onto a tortilla
 2. Top with about 2/3 cup of cabbage-carrot slaw.
 3. Roll up.
 4. Cut wraps in half to serve, if desired.

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- Set up table and chairs, set out ingredients and tools
- Cut apples into wedges and assemble on plate/in bowl
- Prepare dressing
- Prepare cabbage, carrots, onion, cilantro
- Toss slaw with dressing
- Drain and rinse beans
- Shred cheddar cheese
- Wash avocado
- Assemble wraps

Set table with plates, cutlery and glasses, and fill

- Assemble wraps
- Set table with plates, cutlery and glasses, and fill water jug
- Clear table
- Wash and dry dishes
- Put away table and chairs