

# Creamy Avocado & White Bean Wrap

From – [www.eatingwell.com](http://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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