



RECIPE OF THE Month

Avocado Wraps

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| 2 semi-ripe avocados | ½ cup grated carrot |
| 3 tbsp salsa | ¼ cup low-fat sour cream |
| 2 tbsp fresh lime juice | ¼ cup fresh cilantro, chopped |
| 2 tbsp red onion, minced | 4 10-inch whole-wheat wraps,
or tortillas |
| 1 cup shredded red cabbage | |

- 1 Peel and chop avocado; gently combine with salsa, lime juice and red onion.
- 2 In a separate bowl, mix cabbage and carrot with sour cream.
- 3 Spread a quarter of the avocado mixture on each wrap; add a layer of cabbage mixture to each.
- 4 Top each with cilantro. Roll up snugly. Cut the wraps in half to serve.

MAKES 4 SERVINGS (wraps). Per Serving:

270 calories | 11.5g protein | 18.7g fat | 2g sat | 10g cholesterol | 29.5g carbs | 4.4g sugar | 17.4g fiber | 401mg sodium