Veggie Wraps

PREP TIME: 20 MINUTES | SERVES: 4

Quick, homemade guacamole is the star of this wholesome, no-cook lunch. For extra heat, add more hot sauce. Canned pineapple chunks make an easy fruit salad side.

Ingredients

• 1 can (15 oz.) sweet peas, rinsed and drained
• 1 ripe avocado, halved and pitted
• 1 to 2 Tbsp. fresh lime juice
• 2 to 3 tsp. hot sauce
• Kosher salt, to taste
• 4 whole wheat burrito-size tortillas (about 10 inches)
• 1 red or yellow bell pepper, sliced into thin strips (about 2 cups)
• 2 cups shredded carrots
• 1/2 cucumber, thinly sliced into half-moons (about 1 cup)
• 4 cups fresh baby spinach, roughly chopped
• Pico de gallo, optional for dipping

Instructions

1. To make guacamole, mash the peas and avocado with a potato masher or fork in a bowl. Stir in lime juice, hot sauce and salt until well-mixed. Taste, adding more lime juice, hot sauce, or salt as desired.

2. For each tortilla, spread 1/2 cup guacamole evenly over the surface, leaving 1/2 inch along the edges empty. At the base of the tortilla, place 1/2 cup bell pepper strips, 1/2 cup carrots and 1/2 cup cucumbers in neat rows. Top with 1/4 of spinach; fold in the sides of the tortilla then roll up from the base over the fillings, like a burrito. Repeat with remaining tortillas.

3. Slice each wrap in half and serve with pico de gallo on the side as a dip, if desired.

For more recipes and resources, visit www.healthiergeneration.org/delmonte