



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.