

Caterpillar Vegetable Wrap

Ingredients:

1 Avocado & White Bean Wrap

- 1.5t cider vinegar
- 1/4 tsp. extra virgin olive oil
- 1 tsp. adobo in chipotle, diced
- 1/2 cup red cabbage
- 1/4 cup carrot, shredded
- 1 tbsp. cilantro, chopped
- 3.5 ounce white beans
- 1/4 avocado
- 1/4 tsp. garlic powder
- 1 whole wheat tortilla

Vegetables

- 2 Each Cherry Tomatoes
- 1 Each Cucumbers
- 2 Each Olives

Servings: 1

Instructions:

1. Wash and shred cabbage. Chop cilantro leaves.
2. Prepare a red cabbage-carrot slaw: Whisk vinegar, oil, chipotle Chile and salt in a medium bowl. Add cabbage, shredded carrot and cilantro; toss to combine.
3. Rinse and drain canned white beans. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in garlic powder, and onion powder if desired.
4. To assemble the wrap, spread the bean-avocado mixture onto a tortilla and top with the cabbage-carrot slaw. Roll up and cut into 1" slices
5. Put the slices of wrap on the skewer and top with a tomato.
6. Using a strip of cucumber from the trim waste apply the 2 antennas and 2 eyes with olive halves.
7. Squeeze lemon for taste.
8. Serve fresh.



Photo credit: healthyfamilyproject.com

Nutrition Facts

1 servings per container	
Serving size	1 Skewer (230g)
Amount Per Serving	
Calories	280
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 49g	18%
Dietary Fiber 10g	36%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	24%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 4.5mg	25%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.