

Caterpillar Vegetable Wrap

Ingredients:

2 Avocado & White Bean Wrap

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

Vegetables

- 6 Each Cherry Tomatoes
- 2 Each Cucumbers
- 6 Each Olives

Servings: 6

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

6 servings per container

Serving size 1 Each (345g)

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 52g	19%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 13g	26%
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.