



potatoes | avocados | fruits | vegetables | grains

good choices

something good for everyone

Avocado & Bean Wrap



INGREDIENTS (8 SERVINGS)

8 Each	Whole Wheat Wrap, 10"
1 lb.	Harvest Fresh™ Western Guacamole
12 oz.	White Beans, canned, drained, lightly mashed
4 oz.	Carrots, Shredded
8 oz.	Red Cabbage, Shredded
4 oz.	Cheddar Cheese, Shredded
16 Tbsp.	Cilantro, Fresh, Whole Leaves

PREPARATION

1. Layer 2 oz. guacamole, 1 1/2 oz. white beans, 1/2 oz. carrots, 1 oz cabbage, 1/2 cheese, and 2 tbsp. cilantro leaves onto each whole wheat wrap.
2. Fold in ends and roll into a burrito.. Cut in half on the bias and serve.

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