



# Avocado

## Fruit

### Food Facts

**Serving Size = 1/3 of a medium avocado**

- **Cooking** - Avocado can be used in both savory and sweet dishes.
- **Storage** - Store unripe avocados at room temperature on the counter for 2-4 days. Refrigerate when ripe for up to 5 days.
- **Nutrition** - Avocados are high in healthy fat. They also contain vitamins C, E, K, and B6.



### How to Use

- Add avocado to salads and sandwiches.
- Spread on toast instead of butter.
- Blend into a smoothie.

# Veggie Bean Wraps

Serves: 4



## Ingredients

- 2 Bell Peppers** - green or red, seeded and chopped
- 1 Onion** - peeled and sliced
- 15 ounces** - black beans, low-sodium, drained and rinsed
- 2 Mangos** - chopped
- 1 Lime** - juiced
- 1/2 cup** - cilantro, chopped
- 1 Avocado** - peeled and diced
- 4 Tortillas** - 10-inch flour

## Instructions

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans and stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

## Nutrition Facts

Serving Size 1.00 piece

Serving Per Container 4

Amount Per Serving

**Calories 451**

% Daily Value\*

**Total Fat 2 g** 3%

**Sodium 302 mg** 13%

**Total Carbohydrate 82 g** 30%

**Dietary Fiber 22 g** 79%

**Protein 16 g**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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