



Spicy Black Bean & Avocado Turkey Wrap



Entire recipe: 258 calories, 7.5g total fat (1g sat. fat), 775mg sodium, 35.5g carbs, 10.5g fiber, 3.5g sugars, 21g protein

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Prep: 10 minutes



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Ingredients

3 tbsp. canned black beans, drained and rinsed
1 oz. (about 2 tablespoons) mashed avocado
Dash hot sauce, or more to taste
1/4 cup bagged coleslaw mix
1 tsp. lime juice
1 medium-large high-fiber flour tortilla with 110 calories or less
2 oz. sliced reduced-sodium 97% - 98% fat-free turkey breast (about 4 slices), roughly chopped
2 tbsp. chopped tomatoes

Directions

In a medium bowl, thoroughly mash black beans. Add avocado and hot sauce, and mix completely.

In a small bowl, toss coleslaw mix with lime juice.

Lay tortilla on a plate. Spread bean-avocado mixture along the center. Top with chopped turkey, lime-coleslaw mixture, and tomatoes.

Fold in the sides of the tortilla and tightly roll it up around the filling. Eat up!

MAKES 1 SERVING

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