Creamy Avocado and White Bean Wrap

Ingredients:
• 2 tablespoons cider vinegar
• 1 tablespoon canola oil
• 2 teaspoons finely chopped canned chipotle chile in adobo sauce
• ¼ teaspoon salt
• 2 cups shredded red cabbage
• 1 medium carrot, shredded
• ¼ cup chopped fresh cilantro
• 1 15-oz can white beans, rinsed
• 1 ripe avocado
• ½ cup shredded sharp cheddar cheese
• 2 tablespoons minced red onion
• 4 8-10 inch whole-wheat wraps, or tortillas

Directions:
1. Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2 3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Ingredient Note: Chipotle chiles in adobo sauce are smoked jalapenos packed in a flavorful sauce. Look for the small cans with Mexican foods in large supermarkets. Once opened, they’ll keep at least 2 weeks in the refrigerator or 6 months in the freezer.