



**K-KITCHEN**  
MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- Whole wheat tortilla (or wrap of choice)
- 1-2 avocado
- Salt/Pepper
- Lemon juice
- Rotisserie chicken breast
- Spinach
- Thinly sliced green or red pepper
- Havarti or Monterey Jack sliced cheese
- Baby carrots, celery sticks, cucumber slices, broccoli and cauliflower
- Hummus

# Chicken Avocado Wrap

## Preparation

1. Remove seed and mash avocado. Season with salt/pepper and sprinkle with lemon juice. Spread evenly over tortilla
2. Layer chicken, spinach, peppers and cheese in the middle of the wrap.
3. Fold in bottom edge of tortilla and roll sides together, or fold in half.
4. Serve with veggies and hummus

## Tips

If you prefer deli meat, use those without preservatives.

These can be rolled into pinwheels and stored for fast food on the go.

Mustard or horseradish is an easy addition if you want more flavor.