

BRING IT ON BRUSSELS SPROUT WRAP

Ingredients

- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1/2 tablespoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons coconut oil
- 2 1/2 cups Brussels sprouts (trimmed and finely chopped)
- 1 15-ounce can pinto beans (rinsed and drained)
- 2 small avocados (pitted)
- 2 limes (juiced)
- 2 tablespoons chia seeds
- 10 whole wheat tortillas

Directions

1. In a medium bowl, stir together the chili powder, cumin, paprika, garlic powder, onion powder, oregano, salt, and pepper.
2. Place a large sauté pan over moderate heat, and warm the coconut oil. Add the Brussels sprouts and the seasoning mixture and cook until the Brussels sprouts soften and wilt slightly (about 5 minutes).
3. Add the beans, lower the heat to low, and cook, stirring often, until the beans are heated through (about 3 minutes).
4. In a small bowl, use a fork to mash the avocados and lime juice into a creamy paste. Add the chia seeds and stir to combine.
5. Spread a thin layer of the avocado mixture on each tortilla then top with the Brussels sprout-bean mixture. Roll up the tortillas, tucking the sides in as you roll.



Learn more about **BRUSSELS SPROUTS** by scanning the QR code above or by visiting [https://extension.purdue.edu/foodlink/food.php?food=brussels sprouts](https://extension.purdue.edu/foodlink/food.php?food=brussels%20sprouts).



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Nutrition Information

Serving Size 1 wrap

Nutrients	Amount
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Total Calories	289
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Protein	7g
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Carbohydrates	35g
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Dietary Fiber	9g
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Total Fat	13g
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Cholesterol	0mg
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Sodium	455mg
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