

Fresh for Kids™ Avocado, chicken & lettuce tortillas



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Ingredients:

- 8 fajitas tortillas
- 1 medium ripe avocado, peeled and deseeded
- 2 tsp lime juice
- 1 tbs sour light cream
- 1/2 barbecued chicken, flesh shredded
- 125g large cherry tomatoes, sliced
- 1 celery stick, thinly sliced lengthways into about 12cm strips
- 4 medium Iceberg lettuce leaves, finely shredded

Method:

1. Heat tortillas until warm, according to packet directions.
2. Meanwhile, place avocado, lime juice and sour cream in a small bowl. Using a fork, mash until smooth. Set aside.
3. Place warm tortillas on a clean bench. Evenly spoon mashed avocado onto the centre of tortillas. Top evenly with shredded chicken, tomatoes, celery and lettuce. Roll up and press firmly to seal (use toothpicks, if desired) and serve immediately.

Makes: 8

Preparation: 30 minutes
(+ warming time for tortillas)

Health benefits:

Avocado

- A good source of potassium, folate, vitamins C and E
- Provides some iron and vitamins B2 and B3
- Contains healthy monounsaturated fats

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