



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Bring it on Brussels Sprout Wrap!

Makes: 10 Servings

"I have been on a Brussels sprout kick lately so that is the first thing I thought of. And I knew that Brussels sprouts were healthy, so I picked that," says Corbin about his recipe. He recommends combining 2/3 cup of kefir with 1/3 cup pomegranate juice for a delicious drink to accompany the wrap.

Ingredients

2 tablespoons chili powder
1 tablespoon ground cumin
½ tablespoon paprika
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon dried oregano
1 teaspoon salt
1 teaspoon freshly ground black pepper
2 tablespoons coconut oil
2 ½ cups Brussels sprouts, trimmed and finely chopped
1 can organic pinto beans, rinsed and drained (15-ounce)
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. In a large sauté pan over moderate heat, 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. Add the beans, lower the heat to low, and cook, stirring often, until the beans are heated through, about 3 minutes.
3. 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.
4. 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.

Notes

Nutrition Information

Nutrients	Amount
Calories	289
Total Fat	13 g
Saturated Fat	3 g
Cholesterol	0 mg
Sodium	455 mg
Total Carbohydrate	35 g
Dietary Fiber	9 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	7 g
Vitamin D	0 mcg
Calcium	64 mg
Iron	3 mg
Potassium	513 mg
N/A - data is not available	