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
1/4 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 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