

Ingredients

For the guacamole:

- 2 ripe avocados
- 1/4 cup red onion, finely chopped
- 1/4 cup cilantro, finely chopped
- 3 Tbsp. fresh lime juice
- 3/4 tsp. kosher salt
- 1 jalapeño, seeded and finely chopped

For the black bean salsa:

- 1 can black beans, rinsed and drained
- 1/4 cup diced red bell pepper
- 2 Tbsp. red onion, finely chopped
- 1 tomato, seeded and diced
- 1 Tbsp. chopped cilantro
- 1 green onion, chopped
- 1 Tbsp. jalapeño, finely minced
- 1 Tbsp. olive oil
- 1/2 tsp. kosher salt
- 1/2 cup corn (defrosted if frozen)
- 1 tsp. ground cumin

To assemble:

- 6 large spinach or whole wheat wraps
- 2 roasted chicken breasts, diced or shredded
- 4-5 cups baby spinach leaves
- Monterey jack cheese, shredded

Directions

1. To make the guacamole: split the avocados and remove the pits. Scoop the flesh into a medium bowl. Mash with a fork until smooth. Add in the onion, cilantro, lime juice, salt, and jalapeño. Continue mashing until it has a fluffy, whipped texture. Adjust seasonings to taste.
2. To make the black bean salsa: combine all of the ingredients in a large bowl. Toss to combine and refrigerate to allow the flavors to mingle.
3. Briefly microwave the tortillas or wraps to warm them and make them malleable. Place a tortilla on a work surface and spread 2 tablespoons of guacamole on top. Add about 1/4 cup of the cooked chicken to the bottom third of the tortilla. Top with 3 tablespoons of the black bean salsa, a handful of baby spinach leaves and a sprinkle of cheese.
4. Roll the bottom edge up and over the fillings, fold the sides inward, and roll tightly the rest of the way, burrito-style. Place on a cutting board and slice diagonally.

Source: adapted from [Annie's Eats](#)

Printed from [Christine's Cuisine blog](#)