



Columbia Grain™

CULTIVATING GROWTH™

RECIPE

White Bean and Lentil Wraps with Avocado Ranch

Beans pack a serious nutritional punch. They are loaded with fiber, vitamins and minerals and are a great source of plant-based protein.

INGREDIENTS

AVOCADO RANCH

- 1 cup water
- 1/2 cup mashed avocado (about 1 small avocado)
- 1/4 cup hemp hearts
- 2 tbs chopped parsley tightly packed
- 2 tbs chopped fresh dill tightly packed
- 2 tsp garlic powder (or 2 cloves fresh garlic)
- 2 tsp onion powder
- 1 tsp white vinegar
- 1 tsp sea salt more to taste
- A generous pinch freshly cracked black pepper

WRAPS

- 1 can white beans
- 1 1/2 cups cooked green lentils (about 2/3 cup dry)
- 1 small bundle fresh kale
- 1 large tomato
- 6 wraps or tortillas

OPTIONAL TOPPINGS

- Sliced avocado
- Hemp hearts
- Crumbled feta cheese

INSTRUCTIONS

1. Prepare the avocado ranch. Place all ingredients into a blender or small food processor. Puree until completely smooth, taste, and adjust for seasonings.
2. Prepare the toppings. Rinse and drain the white beans, wash and tear the kale leaves away from stems, slice the tomato, and gather any additional desired toppings.
3. Arrange toppings onto each tortilla, and drizzle with avocado ranch. Wrap, and enjoy!

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