

Chick'n & Pea Avocado Pesto

WRAP

Prep Time: 10 minutes

Cook Time: 15-25 minutes

Ingredients

Chick'n strips
1 Ripe Avocado
Veggie or wheat wrap
Frozen peas
1 lemon
Dried basil
Frozen basil cubes
Garlic powder
Onion powder
Sea salt
Nutritional yeast
Spinach



Instructions

Add half (about 2 oz) of a ripe avocado, 2 tbsp nutritional yeast, 1 tbsp dried basil, 1 tsp garlic powder and onion powder, ¼ tsp sea salt, 2 tbsp lemon juice, and 2 tbsp nut milk in a bowl or food processor.

Combine until smooth. (if mixing by hand use a fork. Some small chunks may still appear but that's okay.)

Taste and season to your desire. (Add a little more basil and garlic powder if needed).

Store avocado pesto in a tightly sealed container for up to 3 days the refrigerator. (tip: cover pesto with a wet paper towel then place the lid on the container tightly to keep the air out.)

In a medium heated skillet add 2 tbsp water, 1 serving vegan chick'n strips (I used Morning Star), and steamed or thawed peas. Season chick'n and peas with 2 frozen basil cubes, garlic powder, and pepper. Cook for 7-8 minutes.

Spread avocado pesto on veggie wrap, add fresh spinach, and lastly chick'n and peas. Wrap tightly and enjoy!

This wrap is great chilled or warm.

About 430 cals 35C/14F/42P