

SMITTY's SOUTHWEST AVACODO WRAP

4oz Shredded Cheese

2 Servings of Nachos

1 Avocado

2 Whole Wheat Tortillas

1oz of Sweet and Sour Salad Dressing Mixed w/ 1oz Water

On two whole wheat tortillas place 2 ounces shredded cheese and then 1 serving of nachos crumbled evenly on each tortilla. Then coat the nachos and cheese w/ Sweet & Sour mixture. Spoon out half an avocado on top of each of them and then wrap and serve.

Make two wraps

Approximately 600 Calories per wrap