Food

CREAMY AVOCADO & WHITE BEAN WRAP

White beans mashed with ripe avocado and blended with sharp Cheddar and onion makes an incredibly rich, flavorful filling for this wrap. The tangy, spicy slaw adds crunch. A pinch (or more) of ground chipotle pepper and an extra dash of cider vinegar can be used in place of the canned chipotles in adobo sauce. Serve with tortilla chips, salsa and Tecate beer.

Servings: 4 servings

Total Time: 25 minutes

Ease of Preparation: Easy

Health: High Fiber, Low Cholesterol, High Calcium

Ingredients:

Creamy Avocado & White Bean Wrap

2 tablespoons cider vinegar

1-tablespoon canola oil

2 teaspoons finely chopped canned chipotle chile in adobo sauce (see Note)

1/4-teaspoon salt

2 cups shredded red cabbage

1 medium carrot, shredded

1/4 cup chopped fresh cilantro

1 15-ounce can white beans, rinsed

1 ripe avocado

1/2 cup shredded sharp Cheddar cheese

2 tablespoons minced red onion

4 8- to 10-inch whole-wheat wraps or tortillas

Steps:

1: Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.

2: Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.

3: To assemble the wraps, spread about 1/2 cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about 2/3 cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

Nutrition: (Per serving)

Calories – 411

Carbohydrates – 50

Fat – 18

Saturated Fat – 4

Monounsaturated Fat – 7

Protein – 13

Cholesterol – 15

Dietary Fiber – 13

Potassium – 396

Sodium – 633

Nutrition Bonus - Vitamin A (60 daily value), Vitamin C (45 dv).

Ingredient Note: Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

By EatinWell, Courtesy of Arcamax.com •

Mandy's Family Restaurant

The Best Food In El Segundo

"We now accept Chevron Vouchers"

BREAKFAST LUNCH DINNER

6 AM - 9 PM OPEN 7 DAYS

VOTED BEST OF THE BEST BREAKFAST AGAIN

Breakfast Special
2 Eggs, 2 Bacons, 2 Link Sausages, 2 Hotcakes
$2.99

★ **Tuesdays All Day Special** ★
(Includes Fries and a Coke)
Grilled Cheese or Hot Dog or Chicken Strips
$2.99 (with coupon only)

Lunch Special
Cobb Salad with a Coke
$5.99

Lunch Special
BBQ Beef Sandwich with Fries and a Coke
$5.99

Dinner Special
Chicken Fried Steak Potatoes and Soup or Salad
$5.99

Dinner Special
Fish Chips with Fries Soup or Salad
$5.99

VISA

241 Main Street • El Segundo, CA 90245
For food to go call 310-322-7272

MasterCard

El Segundo Dining Destinations

American Casual

El Segundo Fish Co.: 210 E. Grand Ave. 310-648-7222
Good Stuff: 131 Richmond Street 310-647-9997
IHOP: 755 N. Sepulveda Blvd. 310-227-8300
Main Street Café: 450 Main Street 310-322-0011
Mandy's: 241 Main Street 310-322-7272
Mariposas Restaurant: 525 N. Sepulveda Blvd. 310-615-0015
Wendy's Place Café: 107 W. Grand Ave. 310-322-3942

Bar & Grill/Sports Bar

Old Town Patio: 115 Richmond Street 310-414-9270
Richmond Bar & Grill: 145 Richmond Street 310-322-7397
Stick & Stein: 707 N. Sepulveda Blvd. 310-414-9283
The Tavern on Main: 123 Main Street 310-322-3851

Chinese

Canton Low: 439 Main Street 310-322-3163
Express Chinese Food: 630 N. Sepulveda Blvd. 310-322-3317
Pagoda Chinese Food: 100 W. Imperial Ave. 310-414-9323
PF Chang's China Bistro: 2041 Rosecrans Ave. 310-607-9061

Fine Dining

1440 bistro and bar: Embassy Suites, 1440 E. Imperial Ave. 310-640-1070
Chef Hannes: 411 ½ Main Street, 310-640-0164
Daily Grill: 2121 Rosecrans Ave. 310-524-0700
Farm Stand: 422 Main Street 310-640-3276
Fleming's Prime Steakhouse & Wine Bar: 2301 Rosecrans Ave. 310-643-6911
Marmalade Café: 2014 Park Place (Plaza El Segundo) 310-648-7200
McCormick & Schmick's: 2101 Rosecrans Ave. 310-416-1123
Salt Creek Grille: 2015 Park Place (Plaza El Segundo) 310-335-9288
Second City Bistro: 223 Richmond Street 310-322-6085

Indian

Indian Summer: 219 Main Street 310-322-7550

Italian/Pizza

Andiamo Pizzeria: 134 Main Street 310-343-3000
Deluca Trattoria: 225 Richmond Street 310-640-7600
Hank's Pizza: 202 E. Imperial Ave. 310-335-0066
Justa Pizza: 100 W. Imperial Ave. #B 310-335-6070
Little Gourmet: 117 Main Street 310-322-6285
Romano's Macaroni Grill: 2321 Rosecrans Ave. 310-643-0812
Stuft Pizza: 400 Main Street 310-322-2666
Valentino's Pizza: 150 S. Sepulveda Blvd. #A 310-426-9494
Vinny's Pizza: 143 Main Street 310-322-5464
Z Pizza: 829 N. Douglas Street 310-648-7919

Japanese

Hanabi Japanese Grill: 310 E. Grand Ave. #111 310-416-9785
Hana Haru: 409 Main Street 310-640-2352
Maki Yaki: 100 W. Imperial Ave. #H 310-364-1231
O-Shun: 357 Main Street 310-640-9630
San Sai Japanese Grill: 630 N. Sepulveda Blvd. 310-640-7665
Sushi Avenue: 130 E. Grand Ave. #K 310-414-9359
Taiko: 2041 Rosecrans Ave. 310-647-3100

Mediterranean

Chicken Dijon: 251 Main Street 414-9000
Hummus Factory: 204 E. Grand Ave. 322-1000
Petit Café: 630 N. Sepulveda Blvd. 322-9139

Mexican

Chili Verde: 630 N. Sepulveda Blvd. 310-640-7666
Chipotle Mexican Grill: 307 N. Sepulveda Blvd. 310-426-1437
Cozymel's Mexican Grill: 2171 Rosecrans Ave. 310-606-5464
El Tarasco: 210 Main Street 310-414-9612
La Paz: 514 Center Street 310-322-3742
La Sirena Grill & Cantina: 710-D Allied Way (Plaza El Segundo) 310-640-6170
Pachanga Mexican Grill: 962 Main Street 310-322-822
Su Casa: 403 Main Street 310-524-9985
Taco Time: 310 E. Grand Ave. #109 310-640-8226
Teresa's Mosaic Café: 150 S. Sepulveda Blvd. 310-648-7212

Peruvian

Playa Blanca: 413 Main Street 310- 615-0979

Sandwiches/Wraps

Big Mike's Philly Steaks: 507 Main Street 310-726-9638
El Segundo Sandwich & Grill: 310 E. Grand Ave. 310-322-6248
Havana Sandwich Co.: 229 Main Street 310-640-0014
MegaWraps: 630 N. Sepulveda Blvd. 310-322-9727
Original Rinaldi's: 323 Main Street 310-647-2860

Thai

Asia House: 150 S. Sepulveda Blvd. #D 310-640-9772
Siam Bay Thai Cuisine: 130 E. Grand Ave. #D 310-416-9907
Thai Dishes: 150 S. Sepulveda Blvd. 310-643-6199

Vegetarian

Papillon: 408 Main Street 310-640-0408
The Veggie Grill: 720 S. Allied Way # D (Plaza El Segundo) 310-535-0025