

Healthy Eating

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Wrap It Up!

1 serving

Wraps are a terrific way to use up odds and ends of meats, vegetables, cheese and so on. The possibilities for combinations are limited only by your imagination!

- 1 8- to 10-inch whole wheat tortilla

Filler Ingredients:

- 1 to 2 tablespoons “dressing” to moisten contents, such as salad dressing, low-fat mayonnaise, salsa, guacamole, hummus
- 1/2 cup of your favorite combination of chopped, shredded or leafy vegetables, such as tomatoes, cucumbers, carrots, lettuce, cabbage, spinach, onions, peppers, celery, olives, avocado, jicama, radishes (did you know olives and avocados are actually fruits?)
- 1/4 cup of a protein food, such as sliced, cooked, meat; flaked fish; tuna or salmon; cooked dried beans; refried beans; a scrambled egg or chopped, hard-cooked egg
- 1 to 2 tablespoons shredded cheese



Directions:

1. Follow package directions for preparing the tortilla before filling it — you will often be advised to heat the tortilla briefly (such as in a microwave oven or a hot pan) to make it more pliable.
2. Mix all filler ingredients together and spread on the tortilla. Or, you can layer them on the wrap and top with the dressing. Leave a 1-inch margin around the edge of the tortilla.
3. Roll up the tortilla and enjoy! There are several ways to wrap a wrap; two common methods are:
 - a. Method 1: Simply start rolling from one side until the wrap is completely rolled.
 - b. Method 2: Fold in one or both ends and roll up the tortilla

Tip 1: To help hold the wrap together, wrap it in tin foil, wax paper, plastic wrap or parchment paper; or place in a small plastic bag such as a sandwich bag.

Tip 2: If you plan to prepare the wrap to eat later, start with a layer of well-dried lettuce leaves or other leafy green base. This will help keep the tortilla from becoming soggy.

Know how. Know now.