



Wrap Up a Healthy Spring

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Whole grains are important sources of nutrients including fiber, B vitamins (thiamin, riboflavin, niacin, and folate) and minerals (iron, magnesium, and selenium). Products made from whole grains contain the entire edible part of the grain, including the outer layer called the bran. The bran contains large amounts of B vitamins, fiber, and other trace minerals. Common whole grains include oatmeal, brown rice, whole wheat flour, and popcorn.

Cool as a Cucumber Whole Grain Wrap

This wrapped sandwich is easy to include whole grains, vegetables, and lean protein into portable lunch.

- 4 whole-wheat or whole-grain tortillas (8")
- ¼ cup low-fat ranch dressing, pesto, or hummus
- 2 cups lettuce or leafy greens, washed and patted dry
- ½ pound sliced low-sodium turkey breast
- 1 small cucumber, washed and thinly sliced
- 1 red bell pepper or tomato, washed and thinly sliced



1. Wash hands with soap and water. Spread ranch dressing, pesto, or hummus onto flour tortilla, staying one inch from edge.
2. Layer with turkey and vegetables. Roll tortilla tightly.
3. With a sharp knife, slice in half and serve. Makes 8 servings. Each serving contains 110 calories, 3g fat, 430mg sodium, 13g carbohydrate, 3g fiber, 9g protein.

Be creative! Try different vegetables in your wrap like shredded carrots, zucchini, chopped broccoli or sugar snap peas. Add fruits like strawberries, mango, or peaches.

Check out more Food Fun for Young Children Newsletters:

<https://go.unl.edu/food-fun>

Whole Grain Wraps

A whole grain tortilla can make a variety of wraps that are quick and healthy meals or snacks such as:

Crunchy Vegetable* – Combine ½ tsp. dry ranch seasoning with 4 Tbsp. cream cheese. Spread on 2 whole grain tortillas and top with chopped veggies – zucchini, carrots, etc. Roll and serve.

Peanut Butter and Apple* – Spread peanut butter over a whole grain tortilla. Sprinkle with granola and thinly sliced apples. Roll and serve.

Home Run Hummus* – Spread hummus on a whole grain tortilla. Top with sliced red bell pepper, grated carrots, and baby spinach leaves. Roll and serve.

*Source of wrap recipes: USDA's MyPlate Kitchen

Sources:

1. Grains Group, USDA's MyPlate: <https://www.myplate.gov/eat-healthy/grains>
2. Kids in the Kitchen Curriculum, University of Missouri: <https://extension2.missouri.edu/n800>