

Knowledge @ Noon

“It’s A Wrap”



Wednesday, August 17, 2016

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

Instructors: Marais des Cygnes Extension District

Master Food Volunteers

How to Make Sandwich Wraps

Six Parts: [Choosing the ingredients](#) [Meat and fish fillings](#) [Vegetable or fruit fillings](#) [Other fillings and seasonings](#) [Wrapping the wrap](#)
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Lots of restaurants are offering wraps, basically sandwiches (and sometimes salads) in a tortilla. They're easy to make, though, and require no cooking experience. So stay home or brown bag your lunch and save money, eat healthily, and have fun trying all kinds of different combinations.

Part 1

Choosing the ingredients

1 Choose your ingredients. The next time you're at the market, look for foods you like. A good rule of thumb is that if they would work well in a sandwich, they would work well in a wrap, but because a wrap is enclosed, you can also include things that might not handle well on a sandwich.

2 Lay out a tortilla. The anchor for a good wrap is usually a large flour tortilla, though you can use corn if you prefer them. You may be able to find colorful variations that include things like tomatoes or spinach. If you don't want to buy tortillas, or you can't find them, remember that you can also make your own.

- Whatever tortilla you use, lay it on a plate or clean cutting board and arrange the contents on top of it.
- Warm the tortilla in a pan with a bit of oil, if you want it warm.

Part 2

Meat and fish fillings

1 Add meats, if you eat them. You can use cold cuts or you can prepare your own meat by grilling, pan-frying, or any other method you want. Don't forget to season the meat if you're cooking it yourself. Chicken, turkey, beef, ham, and pork are casual options.

2 Add seafood, if you like it. Shrimp and fish make good, lighter additions to wraps. You can also use canned tuna or salmon, inside or outside of a tuna salad mixture.

- Generally, use meats or seafood. Seafood tends to have more of a delicate flavor and texture that can be overwhelmed by heavier meats.

Part 3

Vegetable or fruit fillings

1 Add veggies, pile them high. The sky is the limit, metaphorically, so try all kinds of things. This is a great way to pack some delicious nutrition into a compact package. You can make an entire portable salad right there inside the tortilla if you want.

- Try lettuce of all kinds, spinach, sprouts, chopped bell pepper (cooked or raw), broccoli (steam it lightly if you prefer), tomatoes, olives, mushrooms, and anything else you like.

2 Try fruits, fresh or dried. While they're not as frequent an addition to sandwiches or salads, you may find you like the bit of sweetness or tartness that fruits add. Try bits of pear or apple, grapes, raisins, or any other fruit you think might taste good with your combination of fillings.

Part

4

Other fillings and seasonings

- 1 Add nuts and/or seeds.** Slivered almonds, toasted, chopped walnuts, sunflower seeds, or sesame seeds can add a pleasant crunch and a bit of elegance to your wrap.
- 2 Add cheese, dressings or other condiments.** Watch the fat content if you're dieting. If you love mayonnaise, cheese, cream cheese, or ranch dressing, you can compromise and use a smaller portion. Otherwise, try to add flavor with less fatty foods. Try mustard, barbecue sauce, low fat sour cream, yogurt, kefir, light salad dressings, or oil and vinegar.
- 3 Add any seasonings you want.** Salt and pepper are common choices, but don't forget other fresh or dried herbs and spices, like basil, oregano, cinnamon, or chili powder.

Part

5

Wrapping the wrap

- 1 Visually divide the wrap into three strips.** Place the fillings down the center strip, stopping short of the ends. Fold about three inches of each end in toward the middle. Then roll the rest of the tortilla over around the fillings. Roll snugly.
- 2 For a restaurant look, slice the entire wrap in half on a diagonal.**
- 3 Finished.**

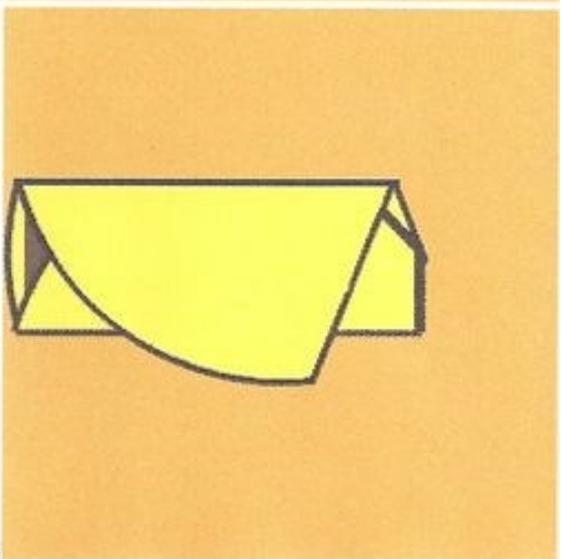
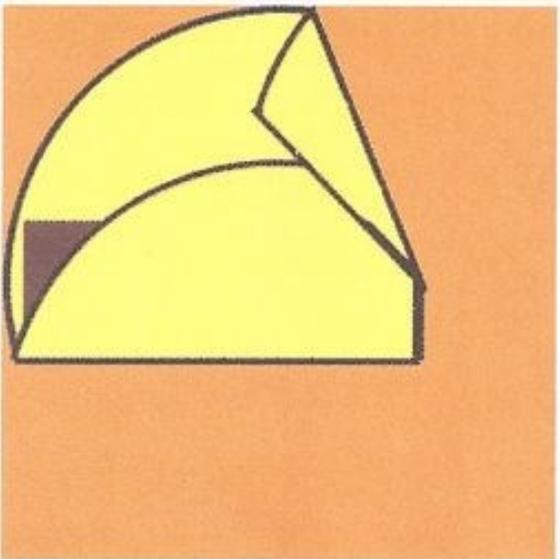
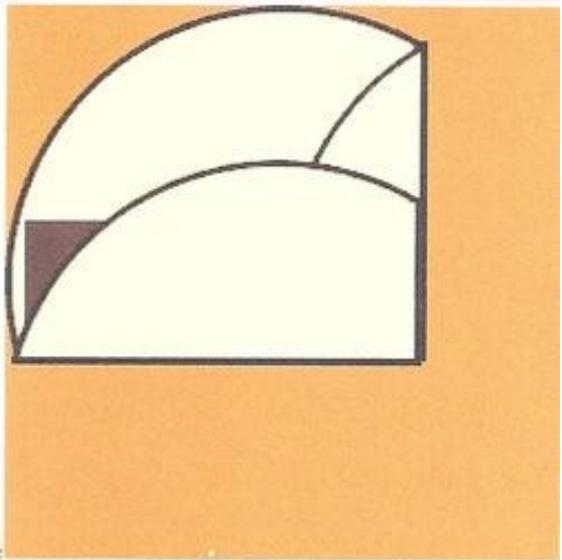
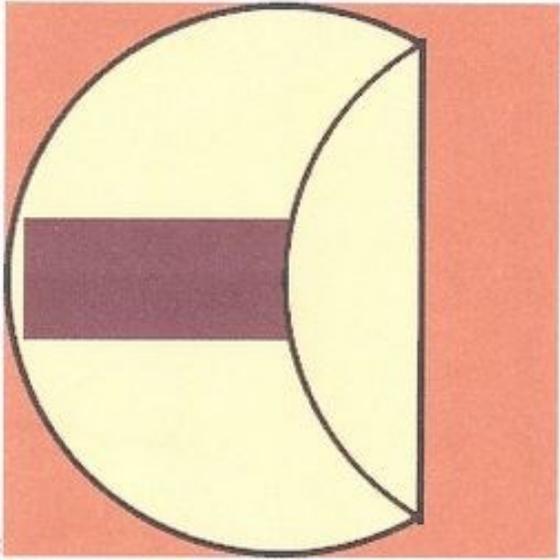
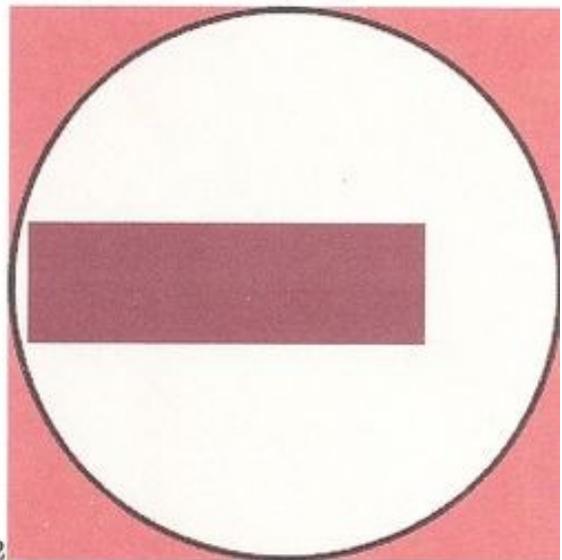
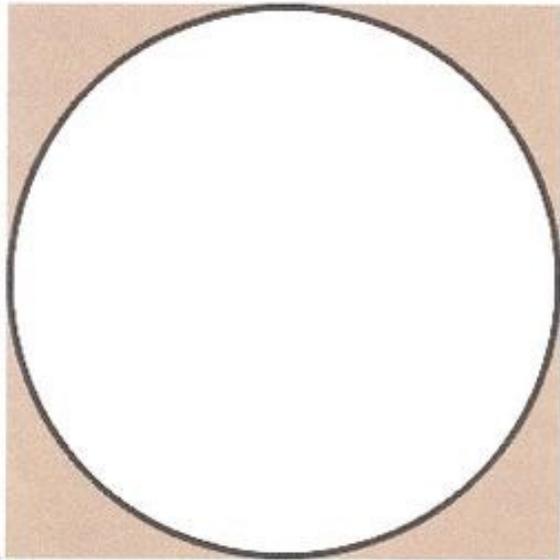
Part

6

Reader suggested wrap combos

- 1 For a ham, lettuce and tomato wrap (HLT wrap):** Use three pieces of ham. Lay down lettuce pieces, then the ham slices, then cheese over the ham. Lay a slice of tomato, pepper and cucumber on top of the cheese, all stacked. Sprinkle oregano, salt and pepper over the wrap. Add a little oil if wished. Wrap up and enjoy.

How to Wrap



Wrap Sheet: Your Guide to Satisfying Green Wraps

Swap bread for leaves and then mix and match your favorite protein, veggies and condiments to create super healthy, filling sandwiches that won't weigh you down.

It's what on the inside that counts—but when it comes to sandwiches, the outside is also important. And sometimes all the calories, carbs, and oftentimes sugar in bread just aren't worth it.

That doesn't mean salad is your only option. You can create sammies that are as portable and filling and score nutrition bonus points when you use big leaves of chard or kale to wrap your lean proteins and veggies. The perks? You'll get more vitamins and antioxidants, of course, but you'll also feel energized—not sluggish—after you eat.

Creating these wholesome handheld meals is easier than it looks. Soft, flexible lettuce leaves, especially from butter and red leaf varieties, are as easy to wrap as a flour tortilla. Sturdy greens—including the wide, flat collard greens that make wraps with major eye-appeal—are rollable after a 30-second soak in boiling water followed by a quick dunk in ice water. (It helps to use a sharp paring knife to shave the thick rib that runs down the center of the green to the same thinness as the rest of the leaf before boiling.)

Once your green is ready, you don't need a recipe to make a flavorful vegetable wrap—a well-stocked fridge and pantry offer many options for a satisfying meal. Just remember that contrast matters: Pairing a lean protein with a crisp veggie and creamy spread helps create a wrap that's fun to eat, and a condiment such as mustard, vinegar, or hot sauce adds another dimension of good taste.

The mix-and-match chart provided is a good starting point for creating your own masterpieces. Just pick your green, then add one item from each row. Don't be afraid to experiment with the healthy ingredients you like best between bread—they look and taste even better dressed in green.

Peanutty Chicken Wrap

Serves: 1

Ingredients:

1/2 cup shredded cabbage (or bagged coleslaw mix)
2 tablespoons peanut sauce (or satay sauce)
1 large collard green leaf
2 ounces (1/2 cup) shredded or sliced chicken breast
1 teaspoon hot sauce

Directions:

1. In a small mixing bowl, combine cabbage and peanut sauce, mixing well.
2. Trim stem off bottom of collard leaf, and use a sharp paring knife held parallel to your cutting board to shave the rib that runs down the leaf's center until it's approximately the same thickness as the leaf. Plunge into boiling water for 30 seconds, then soak in ice water to chill. Dry and arrange leaf so that the center rib line is horizontal.
3. Spoon cabbage-peanut-sauce mixture onto bottom one-third of leaf, making sure there is a 1-inch border all around. Arrange chicken over carrot mixture and top with hot sauce. Fold sides of leaf in toward the center. Roll leaf away from you as you would a burrito, making sure to tuck side edges in as you roll. Wrap tightly in plastic wrap and refrigerate for up to 24 hours.

SHAPE

Mix-and-Match Green Wraps

Pick your leafy green and add one (or more) item from each category.

WRAP	 Kale	 Butter Lettuce	 Cabbage	 Swiss Chard	 Collard Greens
PROTEIN	 White Beans	 Marinated Tofu	 Chicken	 Canned Salmon	 Edamame
CRUNCHY	 Carrots	 Cucumber	 Pumpkin Seeds	 Almonds	 Sprouts
CREAMY	 Peanut Sauce	 Yogurt	 Hummus	 Mashed Sweet Potatoes	 Tahini
FLAVOR BOOSTER	 Hot Sauce	 Mustard	 Miso	 Vinegar	 Ground Spices

Mediterranean Spiced Tofu Wrap

Serves: 1

Ingredients:

1 large butter lettuce leaf (or two smaller leaves)
2 tablespoons hummus
1/2 cup bean sprouts
2 ounces (about 1/2 cup) diced marinated tofu
1 teaspoon za'atar (or sesame seeds)

Directions:

If using one large leaf, arrange it so that the rib is horizontal. (If using two smaller leaves, use a little hummus to "glue" their edges together. Leaves should overlap by 2 inches.) Spread hummus evenly over bottom one-third of leaf, leaving a 2-inch border all around. Top with sprouts and tofu, and sprinkle za'atar over top. Fold sides of leaf in toward the center. Roll leaf away from you as you would a burrito, making sure to tuck side edges in as you roll. Wrap tightly in plastic wrap and refrigerate for up to 24 hours.

Salmon Yogurt Wrap

Serves: 1

Ingredients:

1/2 cup shredded carrots
2 ounces (about 1/2 cup) canned wild salmon, flaked
1/4 cup low-fat Greek yogurt
1/4 teaspoon smoked Spanish paprika
Salt
Pepper
1 large Swiss chard leaf
1/4 avocado, thinly sliced

Directions:

In a small mixing bowl, combine carrots, salmon, yogurt, and paprika, mixing well. Season to taste with salt and pepper. Arrange Swiss chard leaf with the rib running horizontally. Spoon salmon mixture onto bottom one-third of leaf, making sure there is a 1-inch border all around. Top with avocado slices. Fold sides of leaf in toward the center. Roll leaf away from you as you would a burrito, making sure to tuck side edges in as you roll. Wrap tightly in plastic wrap and refrigerate for up to 24 hours.



TOP TEN Kid-Friendly WRAPS



One key to making great kid-friendly wraps is to use familiar foods and flavors you know your children love and branch out from there. Also keep in mind that kids like simple. What may sound boring to an adult sounds like perfection to a child. Many kids are also turned off by messy food, so make sure the fillings are minimal enough that the tortilla can be wrapped tightly and the insides won't fall out. Wraps are also a perfect way to add whole grains to any child's plate by simply using a whole wheat tortilla!

1. **Crispy Veggie & Cream Cheese Wrap**
Spread some cream cheese on a tortilla and add your child's favorite crispy vegetables. Roll & enjoy!
2. **Apple & Cheddar Wrap**
Place shredded apple on a tortilla and top with shredded cheddar cheese. Put under the broiler for a minute to melt the cheese before you wrap it up.
3. **Beans & Rice Wrap**
Spread a layer of guacamole on a tortilla shell. This will act as the "glue" to hold this wrap together. Add some cooked rice & blacked beans. Top with shredded cheese. Wrap up and enjoy!
4. **Strawberry and Almond Butter Wrap**
Perfect for breakfast, lunch or dinner. This one is as simple as spreading the tortilla with almond butter, add some cut strawberries and you're done!

5. **The Chicken Wrap**

Perfect for leftover chicken! Start by spreading some cream cheese, top with some cubed chicken, shredded carrots and shredded cheese. Roll up and enjoy.

6. **The Avocado Wrap**

Simple to make and yummy to eat! Spread mashed avocado on a whole wheat tortilla. Sprinkle with nutritional yeast* and wrap it up.

*Nutritional yeast is a deactivated yeast that comes in the form of yellow flakes. It is a good source of B vitamins and is used by vegans and vegetarians a lot as a flavoring. It lends a somewhat cheesy flavor to what you add to it.

7. **The Egg Wrap**

This wrap can be for any meal, not just breakfast. Saute some onion and red pepper (or your favorite vegetables), then scramble an egg with it and finish it with a small amount of cheese. Wrap in a whole wheat tortilla and serve.

8. **Sweet Fruit Wrap**

Whisk together cream cheese with a touch of pineapple juice and honey and spread it on a tortilla. Top with your choice of fruits like raspberries, blueberries and pineapple. This makes a great dessert!

9. **Hummus and Cucumber Wrap**

Spread your favorite flavor of hummus on a tortilla. Top with crispy cucumbers cut length wise or your favorite vegetable.

10. **Banana, Peanut Butter and Honey Wrap**

You can't go wrong with this combination. Spread peanut butter on a tortilla. Drizzle with honey and finished with sliced bananas. Roll up and enjoy. Perfect as a snack after school or work.

Healthy Buffalo Chicken Wrap

2 Tablespoons Buffalo wing sauce	1/3 cup cooked chicken
1/3 avocado	2 Tablespoon celery
2 Tablespoon red onion	1/3 cup tomatoes
2 Tablespoon Bleu cheese crumbles	¼ cup non-fat plain Greek yogurt
¼ cup Broccoli coleslaw	1 wrap

Chop up ingredients, and mix with Greek yogurt. Place on wrap and roll.

Cranberry Chicken Salad Wrap

A yummy wrap with chicken, slivered almonds, celery, and dried cranberries for a new twist. It's quick and easy to prepare, making it a delicious way to enjoy a healthy, protein-filled lunch.

Serves: 6

Ingredients

- 2 chicken breasts (about 1 pound), cooked and shredded
- ½ cup dried cranberries (Craisins)
- ¾ cup celery, chopped
- ½ cup slivered almonds
- 1-1½ cups of mayonnaise (I use Miracle Whip, but regular mayonnaise works too)
- 1 Tablespoon lemon juice
- 6 whole wheat tortilla wraps

Instructions

1. Shred the chicken breast and put into a large bowl. Add the craisins, celery, and almonds and toss together. Add the mayonnaise and lemon juice and mix until combined. You may want to add a little more mayo, depending on your taste. Spoon into a whole wheat flour tortilla, wrap, and serve or serve on a bed of lettuce.
2. Store leftovers in a sealed container in the fridge.

Inside Out Sandwiches

1 package (6 oz.) thinly sliced deli ham
8 slices process America cheese
8 slices thin sandwich bread, crusts removed
½ cup mayonnaise
8 dill pickle spears, well drained

1. Divide ham into 8 portions. Top each stack with a slice of cheese. Spread both sides of bread with mayonnaise; place one slice of bread on each stack. If necessary, trim ham to fit bread.

2. Place pickle in center of each. Roll up tightly; wrap in plastic wrap. Refrigerate overnight.

Yield: 8 sandwiches

Recipe from Taste of Home Kid Approved Cookbook, 2011

Easy Wrap Sandwich

Kraft Mayonnaise or Miracle Whip Dressing
Flour tortilla
Lettuce
Smoked Cooked Ham or Oven Roasted Turkey Breast
Kraft Singles Process Cheese Food
Claussen Kosher Dill Sandwich Slices

Spread mayo on tortilla. Top with remaining ingredients.

Fold up sides of tortilla to center, slightly over lapping. Secure with toothpicks, if desired.

Kraft Deliciously Simple, 1998

Speedy Lunch Wrap

- 2 Tablespoons spreadable garden vegetable cream cheese
- 2 flavored tortillas of your choice, (8 inch)
- 3 thin slices deli turkey (1/2 oz. each)
- ¼ cup shredded lettuce
- 2 Tablespoons shredded cheddar cheese
- 2 teaspoons finely chopped onion
- 2 teaspoons finely chopped green pepper
- 2 teaspoons chopped ripe olives
- 4 teaspoons ranch salad dressing

Spread cream cheese over tortillas. Layer with turkey, lettuce, cheese, onion, green pepper & olives; drizzle with dressing. Roll up tightly; wrap in plastic wrap. Refrigerate until serving

Yield: 2 servings

Recipe from Taste of Home Kid Approved Cookbook, 2011

BLT Wraps

Ingredients

- 1 pound thick sliced bacon, cut into 1 inch pieces
- 4 (12 inch) flour tortillas
- 1 cup shredded Cheddar cheese
- 1/2 head iceberg lettuce, shredded
- 1 tomato, diced

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, and set aside.

Place 1 tortilla on a microwave-safe plate. Sprinkle tortilla with 1/4 cup cheese. Cook in microwave for 1 to 2 minutes, or until cheese is melted. Immediately top with 1/4 of the bacon, lettuce, and tomato. Fold sides of tortilla over and then roll up. Repeat with remaining ingredients. Cut each wrap in half before serving.

Cook's Note: A good variation is to substitute taco meat and grilled onions for the bacon.

Recipe from 2016 Allrecipes.com

Garden Vegetable Wraps

- 1 small zucchini, sliced
- 1 small red pepper, chopped
- ¼ cup canned black beans, rinsed and drained
- ¼ cup salsa
- 2 Tablespoons Low fat shredded cheddar cheese
- 4 whole wheat tortillas (10 inch) warmed if desired

1. Place zucchini, pepper, and 2 tablespoons water in a large nonstick skillet, cook over medium high heat until crisp-tender, about 4 minutes.
2. Stir in beans and salsa; heat through, about 2 minutes.
3. Spoon about ½ cup of mixture onto each tortilla and sprinkle with cheese.
4. Fold ends of tortillas in, roll and serve.

Makes 4 servings: From Bon Appetite Cookbook Delta Dental, 2011

Turkey Pesto Roll-ups

- 1 large whole wheat tortilla (10 inch)
- 1 Tbsp. commercially prepared pesto
- 5 rehydrated sun-dried tomatoes, thinly sliced (not oil packed)
- 4 oz. lower salt turkey breast, thinly sliced
- 1/3 cup baby spinach leaves

1. Place the tortilla on work surface. Spread with the pesto.
2. Sprinkle the sun dried tomatoes over the pesto. Layer turkey slices over tomatoes and top with the spinach leaves. For easy rolling, leave about 2 inches, around the edge of the tortilla uncovered.
3. Roll the tortilla into a long log. Cut in half.

Makes 2 servings: Calories 205, Fat 3.5 grams, Carbohydrates 26 grams, Fiber 4 grams, Sodium 470 mg, Protein 29 grams

Recipe from Diabetes Forecast, March 2014

Chicken Tomato Wrap Sandwich

1/3 cup honey Dijon salad dressing
1/4 cup mayonnaise
2 cups cooked chicken, cubed
1 green pepper, chopped
2 tomatoes, chopped
4 lettuce leaves
4 slices Muenster or Swiss cheese
4 (10 inch) flour or wheat tortillas

1. Combine salad dressing and mayonnaise and mix well.
2. Gently stir in chicken, green peppers, and tomatoes.
3. Place tortillas on work surface and line with lettuce leaves and cheese. Divide chicken mixture among tortillas and roll up tightly, enclosing filling. Wrap in waxed paper and chill until serving time.

Makes 4 sandwiches.

Rainbow Breakfast Wraps

4 flatbread wraps
1 cup Greek yogurt (plain)
2 tablespoons honey
1 cup granola
1 banana, sliced thin
1 large mango, sliced thin
2 kiwi, sliced thin
8 strawberries, sliced thin
1 cup blueberries

Directions:

1. Stir together Greek yogurt and honey.
2. Slice all fruit thin so it lays flat in the wrap.
3. Spread about 1/4 cup of yogurt mixture on a flatbread and top with 1/4 cup granola in an even layer.
4. Lay out fruit in any order you want, making a rainbow (row of banana, row of mango, etc.)
5. Roll the wrap into a tight cylinder and use a serrated knife to cut it in half. Serve immediately.

Source: Macheesmo

Asian Lettuce Wraps

16 Boston or butter lettuce leaves
1 pound lean ground beef
1 tablespoon cooking oil
1 large onion chopped
¼ cup hoisin sauce
2 cloves garlic, minced
1 tablespoon soy sauce
1 tablespoon rice wine vinegar
2 teaspoons grated fresh ginger
1 dash hot sauce
1 can (8 ounce) water chestnuts, drained and finely chopped
1 bunch green onions, chopped
2 teaspoons dark sesame oil

Directions:

Rinse lettuce leaves and pat dry. Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in hot skillet until browned and crumbly, 5-7 minutes. Drain and discard fat, transfer beef to bowl. Cook and stir onion in same skillet until slightly tender, 5 to 10 minutes. Stir hoisin sauce, soy sauce, rice wine vinegar, and hot sauce into onions. Add water chestnuts, green onions, sesame oil and beef into onion mixture and cook about 2 minutes.

Arrange lettuce leaves around edge of large serving platter and pile meat mixture in center.

Makes 4 servings -4 wraps per serving.

Nutritional Information:

Per Serving- Calories 388, Sodium-580mg., Fat-22 grams, Carbohydrates-24, Protein-23 grams.

Tortilla and Fruit

1-10 inch flour tortilla (I use whole wheat)
2 Tablespoons apple pie filling (other fruit fillings can be used)
Melted butter
cinnamon & sugar

Pre-heat your oven to Lay out tortilla and spread with filling. Roll up. Brush with melted butter and then roll in sugar/cinnamon mixture.

Place on a parchment covered baking sheet and bake at 350° until lightly brown. Serve

Submitted by Mary Ann Maisch

Grilled Veggie and Hummus Wraps

Ingredients:

- 4 (1/2-inch-thick) slices red onion
- 1 red bell pepper, seeded and quartered
- 1 (12-ounce) eggplant, cut into 1/2-inch-thick slices
- 2 tablespoons olive oil, divided
- 1/4 cup chopped fresh flat-leaf parsley
- 1/8 teaspoon kosher salt
- 1 (8-ounce) container plain hummus
- 4 (1.9-ounce) whole-grain flatbreads (such as Flatout Light)
- 1/2 cup crumbled feta cheese

Directions:

1. Heat a large grill pan over medium-high heat. Brush onion, bell pepper, and eggplant with 1 tablespoon oil. Add onion and bell pepper to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan.
2. Add eggplant to pan; cook 3 minutes on each side or until grill marks appear. Remove from pan; coarsely chop vegetables. Combine vegetables, remaining 1 tablespoon oil, parsley, and salt; toss to combine.
3. Spread 1/4 cup hummus over each flatbread, leaving a 1/2-inch border around edges. Divide vegetables over each flatbread; top each serving with 2 tablespoons cheese. Roll up wraps, and cut diagonally in half.

Yield: Serves 4 (serving size: 1 wrap)

Nutritional Information

Calories 356, Fat 22.7 g, Saturated Fat 3.1 g, Protein 16.8 g, Carbohydrate 35.4 g, Fiber 15.3 g, Cholesterol 13 mg, Sodium 788 mg

Ham and Cheese on Tortillas

- 1- Tortilla
- Ham
- Cheddar Cheese (or your favorite cheese)
- Chopped onions (optional)

On a tortilla place a piece of ham that is cut thin. Add shredded cheddar cheese. Add onions. Fold in half and place on parchment lined baking sheet. Bake at 350° for 10-12 minutes or until cheese is melted.

(These are also really good if you scramble an egg and putting it in the tortilla with ham and cheese)

Submitted by Mary Ann Maisch