

Wrap ideas:

Base: 100% whole grain tortilla, pita, or wrap

Spread: Avocado, nut butter, hummus (or any bean paste), beans, cottage cheese, Greek yogurt, creamed kefir, mustard, Silken tofu

Toppings: Any dark green leafy vegetable (kale, arugula, spinach, etc) tomatoes, salsa, any kind of peppers, cucumber, basil, cilantro, ginger, cooked lean meat pieces, fruit, jicama, nuts or seeds, sprouts, onions, pickles or relish, dried fruit, shredded veggies

Anything you can make a sandwich or salad out of, you can make into a wrap. Wraps are quick to prepare, store and travel easy, and can be sliced up for finger foods. You can make a wrap out of most meals.

• Sweet

- Mashed bananas & Peanut Butter
- Cottage cheese & pineapple
- Yogurt, blueberries, granola
- Strawberry, banana, kiwi
- Applesauce, dried cranberries, almonds, cinnamon
- Cream cheese or kefir, Berries, honey
- Sweet potato, honey, pecan & Feta
- Nut butter, shredded coconut, dried fruit or dark chocolate chips

• Traditional

- Ham & Cheese
- PB & J
- Tuna salad
- Chicken salad
- Pastrami & sauerkraut
- Roast beef & Pepper jack
- Salami, olives & Provolone
- Ground meat & Red sauce
- Corn beef and potato



YOGURT, CUCUMBER, TOMATO,
OLIVES + FETA

SLICED CHICKEN, PROVOLONE + PESTO



HAM, SWISS + PICKLES



HUMMUS, CUCUMBER, CARROT,
ONION, ROASTED PEPPER, CARROTS



PB + J (W/BANANA + GRANOLA)



TUNA, LETTUCE + TOMATO



TURKEY, BACON + HONEY MUSTARD



TURKEY, CHEDDAR, JALAPENO + SALSA



Cobb salad wraps

Ingredients

- 2 cups dark green or red leaf lettuce, chopped
- 1/2 pound turkey breast, chopped
- 1 cup crumbled blue cheese
- 4 slices crisp-cooked bacon, crumbled
- 2 hard-cooked eggs, peeled and chopped
- 4 scallions, white and light green parts, chopped
- 1 cup cherry tomatoes, halved
- 1 avocado, peeled, pitted, diced
- 2 teaspoons olive oil
- 1 tablespoon lemon juice
- 8 10-inch whole grain tortillas

Preparation

1. Combine lettuce, turkey, cheese, bacon, eggs, scallions, tomatoes and avocado in a large bowl. Add olive oil and lemon juice; toss to coat.
2. Lay 4 tortillas on a flat surface and spoon about 2 cups of salad mixture into center of each. Fold up bottom edge, then roll up tightly, folding in sides as you go. Repeat with remaining tortillas and filling. Slice each wrap in half on a diagonal. Serve immediately.



Nutrient	Amount
Total Calories	280
Protein	19 g
Carbohydrate	20 g
Dietary Fiber	5 g
Total Sugars	2 g
Total Fat	14 g
Saturated Fat	6 g
Cholesterol	64 mg
Calcium	195 mg
Sodium	475 mg
Iron	2 mg
Vitamin A	77 µg
Vitamin C	7 mg

Italian Wraps

Ingredients

- 8 10-inch whole grain wraps
- 2 tablespoons part skim ricotta cheese
- 8 ounces thinly sliced turkey salami
- 8 ounces thinly sliced reduced fat provolone
- 4 roasted red peppers, cut into thin strips
- 4 cups loosely packed shredded romaine lettuce (about 4 oz. total)
- 1/4 cup low calorie Italian dressing
- Salt and pepper

Preparation

1. Place 1 wrap on a work surface and spread thinly with ricotta. Leaving a 2-inch border on the left side, layer salami, provolone and roasted peppers on the wrap.
2. Toss romaine with dressing in a large bowl and scatter a small amount over top of open wrap. Season with salt and pepper.
3. Fold the unfilled side of the wrap over the filling. Starting at the bottom, loosely roll the sandwich into a cone shape. Secure with a toothpick. Repeat with remaining ingredients.



Nutrient	Amount
Total Calories	261
Protein	17 g
Carbohydrate	22 g
Dietary Fiber	4 g
Total Sugars	4 g
Total Fat	12 g
Saturated Fat	6 g
Cholesterol	39 mg
Calcium	327 mg
Sodium	795 mg
Iron	2 mg
Vitamin A	128 µg
Vitamin C	97 mg

Negimaki Roast Beef Wrap

Ingredients

- 2 tablespoons teriyaki sauce
- 1 tablespoon wasabi paste
- 2 teaspoons low-sodium soy sauce or tamari
- 8 10-inch multigrain wrap
- 4 cup baby arugula
- 16 ounces thinly sliced deli roast beef
- 8 scallions, trimmed and halved lengthwise
- 1 cucumber, peeled if desired, cut lengthwise into thin strips

Preparation

In a bowl, mix teriyaki, wasabi and soy (or tamari) sauce. Spread over wraps; top with arugula and beef. Arrange scallions and cucumber down center, and then roll up tightly. Cut in half.



Nutrient	Amount
Total Calories	266
Protein	22 g
Carbohydrate	19 g
Dietary Fiber	4 g
Total Sugars	2 g
Total Fat	11 g
Saturated Fat	5 g
Cholesterol	60 mg
Calcium	120 mg
Sodium	613 mg
Iron	3 mg
Vitamin A	13 µg
Vitamin C	5mg

Turkey Sausage and Mango Wraps

Ingredients

- 1/2 cup Greek yogurt
- 2 teaspoons fresh lime juice
- 1 teaspoon curry powder
- 4 turkey sausages (about 12 oz.)
- 4 10-inch whole grain wraps
- 4 cups baby spinach
- 1 ripe mango, peeled, pitted and thinly sliced

Preparation

1. Whisk together Greek yogurt, lime juice and curry powder in a small bowl; set aside. Preheat grill to medium-high. Grill sausages, turning, until cooked through, about 25 minutes, or when an instant-read thermometer inserted in center registers 170°F. Slice sausages in half lengthwise.

2. Toast tortillas on grill until slightly puffed, about 30 seconds. Transfer to a work surface. Spread 2 Tbsp. yogurt mixture onto each tortilla. Divide spinach among tortillas, arranging it across middle. Top with two sausage halves and some mango slices. Roll up tightly, tucking in ends as you go. Cut wraps in half diagonally and serve.



Nutrient	Amount
Total Calories	207
Protein	11 g
Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	9 g
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	12 mg
Calcium	166 mg
Sodium	363 mg
Iron	2 mg
Vitamin A	170 µg
Vitamin C	27 mg

Huevos Rancheros Wraps



Ingredients

- 1 cup frozen whole-kernel corn
- 1 cup lower-sodium canned black beans, rinsed and drained
- 1 cup chopped seeded tomato
- ½ cup chopped green onions
- ¼ cup chopped fresh cilantro
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1 tablespoon minced seeded jalapeño pepper

- pepper
- 2 teaspoon freshly ground black pepper, divided
- 1 ¼ teaspoon salt, divided
- 12 large eggs, lightly beaten
- 2 teaspoon olive oil
- 4 ounce cheddar cheese, shredded (about 1/4 cup)
- 8 (8-inch) whole-wheat flour tortillas

Preparation

1. Place corn in a medium microwave-safe bowl. Microwave at HIGH 1 minute.

Stir in beans, tomato, onions, cilantro, jalapeño, 1/4 teaspoon black pepper, and 1/8 teaspoon salt.

2. Combine remaining 1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and eggs in a medium bowl; stir with a whisk. Heat a small nonstick skillet over medium-high heat. Add oil; swirl to coat. Add egg mixture to pan; cook 1 minute, stirring frequently. Add cheese; cook 1 minute, stirring frequently.

3. Heat tortillas according to package directions. Divide egg mixture evenly between tortillas; top evenly with corn mixture. Roll up each burrito, jelly-roll fashion. Cut each burrito in half.

Nutrient	Amount
Total Calories	318
Protein	18 g
Carbohydrate	26 g
Dietary Fiber	6 g
Total Sugars	3 g
Total Fat	16 g
Saturated Fat	7 g
Cholesterol	272 mg
Calcium	244 mg
Sodium	761 mg
Iron	3 mg
Vitamin A	165 µg
Vitamin C	7 mg

Peanut Butter, Banana and Granola Wraps



Ingredients

- 2 large bananas
- 1 tablespoon lemon juice
- 1/2 cup peanut butter
- 4 8- or 9-inch whole-wheat wraps
- 1/2 cup granola
- 4 large dried apricots, chopped

Preparation

Peel bananas, cut into small cubes and toss with lemon juice in a small bowl. Spread 2 Tbsp. peanut butter on each wrap, forming a 5- to 6-inch circle.

Divide bananas evenly among wraps and sprinkle 2 Tbsp. granola and 1/4 of the chopped apricots over each. Roll up, cut in half (or in slices, as shown) and wrap in foil.

Nutrient	Amount
Total Calories	404
Protein	13 g
Carbohydrate	45 g
Dietary Fiber	8 g
Total Sugars	14 g
Total Fat	22 g
Saturated Fat	5 g
Cholesterol	0 mg
Calcium	110 mg
Sodium	330 mg
Iron	2 mg
Vitamin A	77 µg
Vitamin C	5 mg