

CREATE A WRAP/SANDWICH

Create a tasty sandwich, wrap, or pocket from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each serves one adult.

1	Choose one wrap			
	• 2 slices of whole grain bread			
	• 1 whole grain bun or roll			
	• 1 corn or whole wheat tortilla			
	• ½ whole wheat pita			
2	Choose one or more proteins			
	• Cooked dried beans (pinto, black, chick pea, kidney, etc.)			
	• Peanut or almond butter			
	• Hummus			
	• Refried beans			
	• Cooked, sliced, or cubed roast, chicken, turkey, or ham			
	• Sliced, cubed, or shredded cheese			
	• Hard-boiled or scrambled egg			
3	Choose one or more fillings			
	• Lettuce	• Banana pepper	• Corn	• Jam
	• Spinach	• Celery	• Shredded carrot	• Jelly
	• Tomato	• Olives	• Apple	• Honey
	• Onion	• Pickles	• Grapes	• Nuts (walnuts, pecans, almonds, pine nuts)
	• Sprouts	• Potato	• Pear	
	• Green pepper	• Avocado	• Pineapple	
	4	Choose one or more spreads (optional)		
• Low-fat mayonnaise, mustard, ketchup, ranch dressing, Italian dressing, hummus, etc.				

DIRECTIONS:

Some wraps or sandwiches are better eaten cold and others are better cooked.

For a cold wrap/sandwich: Select foods from each category. Place spread directly on bread or tortilla or inside pita pocket. Build wrap by placing remaining ingredients on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

For a cooked wrap: Select foods from each category. Cook filling ingredients in 1 tablespoon water or broth until soft. Add protein and heat through. Add spread to moisten the mixture. Place mixture on one side of bread or tortilla or inside pita pocket. Cover sandwich with other slice of bread or roll up tortilla.

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WRAP/SANDWICH RECIPES

A pantry that is stocked with whole foods will help you create great tasting wraps or sandwiches like these!

Hearty Veggie Quesadillas

- ½ cup cooked pinto or black beans
- 1 medium tomato, chopped
- ½ bell pepper, chopped
- 1 green onion, chopped
- 1 carrot, peeled and grated
- 2 (6 inch) whole-wheat flour tortillas
- 2 tablespoons salsa
- Lettuce
- ½ cup of cheddar cheese

Combine beans, tomato, pepper, onion, and carrots in medium bowl. Set aside. Warm skillet over medium heat. Place a tortilla in pan and warm one side, then flip tortilla over. Place half of ingredients from bowl on one side of tortilla and fold tortilla in half over the filling. Cook about 3 minutes or until filling is heated through. Transfer quesadilla to a plate and keep warm. Repeat for 2nd quesadilla.

Yield: 2 servings

Use your imagination and add any veggie, bean, or cooked rice that you have on hand to your quesadilla.

Chickpea Pitas with Nutty Sauce

- 2 cans chickpeas, drained and rinsed
- 4 ribs celery, diced
- ¼ cup red onion, finely diced
- 1 teaspoon dried basil
- ¼ cup fresh parsley, chopped
- 1 ripe avocado, diced
- ½ cup walnuts
- ½ cup water
- 1½ teaspoons red wine vinegar
- 2 teaspoons mustard
- ½ teaspoon garlic powder
- Romaine lettuce or fresh spinach
- 3 whole wheat pita pockets, cut in half

In medium bowl, lightly crush chickpeas with vegetable masher. Add celery, onion, basil, parsley, and avocado. Stir to mix well. In blender or food processor, place walnuts, water, vinegar, mustard, and garlic powder. Blend until smooth. Add blender ingredients to chickpea mixture and mix well. Place lettuce or spinach in each pita pocket then add chickpea mixture.

Yield: 6 servings

You can change the taste of basic ingredients in your dish simply by changing the herbs and spices you use. For instance, use these herbs and spices to get these flavors:

Mexican-use cumin, oregano, chili powder, cilantro, and garlic

Italian-use basil, oregano, parsley, and garlic

Asian-use soy sauce, ginger, garlic, chiles, and turmeric

Savory/Thanksgiving-use rosemary, sage, thyme, and parsley

For information on how to order printable versions of this handout, go to extension.usu.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
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