Create a Sandwich or Wrap

# Create a tasty sandwich, wrap, or pocket from simple foods. Choose an item from each category and follow the directions. Use your imagination! Each meal serves 1 adult.

## Step 1: Choose one wrap from the following list:

1. 2 slices of whole grain bread
2. 1 whole grain bun or roll
3. 1 corn or whole wheat tortilla
4. ½ whole wheat pita

## Step 2: Choose 1 or more protein from the following list:

1. Cooked dried beans such as pinto, black chickpea, kidney beans or other.
2. Peanut or almond butter
3. Hummus
4. Refried beans
5. Cooked, sliced, or cubed roast, chicken, turkey, or ham
6. Sliced, cubed, or shredded cheese
7. Hard-boiled or scrambled egg

## Step 3: Choose 1 or more fillings from the following list:

1. Lettuce
2. Spinach
3. Tomato
4. Onion
5. Sprouts
6. Green pepper
7. Banana pepper
8. Celery
9. Olives
10. Pickles
11. Potato
12. Avocado
13. Corn
14. Shredded carrot
15. Apple
16. Grapes
17. Pear
18. Pineapple
19. Jam
20. Jelly
21. Honey
22. Nuts such as walnuts, pecans, almonds, or pine nuts

## Step 4: Choose 1 or more spreads from the following list (optional):

1. Low-fat mayonnaise
2. Mustard
3. Ketchup
4. Ranch dressing
5. Italian dressing
6. Hummus

## Step 5: Make the sandwich or wrap using the following directions:

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

* For directions on a cold wrap or sandwich use the following directions:
1. Select foods from each category.
2. Place spread directly on the bread or tortilla or inside the pita pocket.
3. Build the wrap by placing remaining ingredients on one side of bread or inside pita pocket.
4. Cover sandwich with other slices of bread or roll up tortilla.
* Directions on a hot or cooked wrap:
1. Select foods from each category.
2. Cook the filling ingredients in 1 tablespoon water or broth until soft.
3. Add protein and heat through.
4. Add spread to moisten the mixture.
5. Place the mixture on one side of bread or tortilla or inside pita pocket.
6. Cover sandwich with other slices of bread or roll up tortilla.

# Sandwich or Wrap Recipes

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

Hearty Veggie Quesadillas

* 1/2 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

Directions:

1. Combine beans, tomato, pepper, onion, and carrots in medium bowl. Set it aside.
2. Warm a skillet over medium heat. Place a tortilla in the skillet and warm one side then flip the tortilla over.
3. Place half of the ingredients from the bowl on one side of tortilla and fold the tortilla in half over the filling.
4. Cook for about 3 minutes or until the filling is heated through.
5. Move quesadillas to a plate and keep warm.
6. Repeat for the 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
* 1 ½ teaspoons red wine vinegar
* 2 teaspoons mustard
* ½ teaspoon garlic powder
* Romaine lettuce or fresh spinach
* 3 whole wheat pita pockets, cut in half

Directions:

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

Yield: 6 servings

## Changing the taste

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

* Mexican using cumin, oregano, chili powder, cilantro and garlic.
* Italian using basil, oregano, parsley, and garlic.
* Asian using soy sauce, ginger, garlic, chilies, and turmeric.
* Savory/Thanksgiving using rosemary, sage, thyme, and parsley.

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