



# Wrap and Roll



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## Wrap and Roll

As the trendy sandwich of the millennium, wraps offer the ultimate in convenience. Wraps, an upscale cousin to the burrito, are made with a thin wrapper - usually a flour tortilla but sometimes flat bread - and are topped with an array of ingredients, then are rolled to form a burrito-shaped package. The trend in making wraps started in the 1990's in California agricultural areas where cooks at Americanized Mexican restaurants saw that burritos could be more than rice, beans, meat and salsa. So they added tofu, vegetables and more.



Because wraps originated in California, they are often perceived as healthful. However, a study by the New York Times showed that many wraps can contain enough calories and fat for two meals when they are laden with high-fat dressings and sauces. This can be avoided by making them yourself.

Here are some tips for creating a healthful wrap:



- Begin with a sturdy wrap. Thin and pliable wheat tortillas are the easiest to use because they can be rolled and shaped.
- Tortillas are easily available in supermarkets. Flour tortillas are available in many different flavors: white, whole wheat, jalapeno, sesame, spinach and tomato.
- Be sure you choose flour tortillas because they contain a little fat and will roll without cracking. Corn tortillas are drier and will split when rolled cold.
- Tortillas can be stacked between lightly moistened paper towels and microwaved on high until warm, 30-45 seconds.
- Place the filling with a 1-inch margin around the outside edge of the tortilla.
- For healthful fillings, start with a layer of well-dried lettuce, spinach, radicchio or other leafy base to keep the tortilla from becoming soggy after it's rolled.
- Next, add a grain food such as rice, couscous, bulgur or rice noodles.
- Add protein or cheese as desired.

- Add crunchy ingredients such as alfalfa or other bean sprouts, or sliced red, green or yellow peppers.
- Top with a dollop of low-fat salad dressing or salsa. Be careful not to make it too moist or the shell will tear when rolled.
- To wrap, fold in one or both ends and roll from one long edge of the tortilla. This method gives you a burrito-style wrap.
- Always roll the tortilla starting with the edge closest to you. You may find that you have too much filling when you roll the tortilla. Let the excess come out; scrape aside and finish rolling the wrap.
- Always place the rolled tortilla seam-side down on a plate or flat surface.
- Once the tortilla is rolled, gently press down on top with the palm of your hand. This firms the ingredients and makes the wrap easier to slice and/or eat.
- Many wraps look very pretty sliced into rounds since you can see the different textures and colors of the foods. The wraps should be sliced on the diagonal with a sharp (not serrated) knife. A dull knife will not cut cleanly through the tortilla and will pull the wrap apart.
- Although the wraps can be eaten immediately, many taste better when refrigerated an hour or two so the flavors can blend and mellow. To refrigerate, wrap the wrap in a plastic bag or foil. This will help firm the roll's shape.



## Wrap Filling Ideas

Use your imagination and your favorite ingredients. Here are a couple of suggestions:



**Italian:** Spinach, mushrooms, tomatoes and slices of mozzarella or provolone cheese. Top with light balsamic dressing.

**Asian:** Lettuce leaves, rice, grilled eggplant, slices of grilled pork, basted with a mixture of soy sauce, rice vinegar and sesame oil.

## Apple Wrap Sandwiches

Yield: 6 Wraps

- 6 12-inch flour tortillas
- 2 medium apples
- 1 cup water
- 2 Tbsp. lemon juice
- 3 Tbsp. mustard
- 12 slices cooked ham
- 12 slices cheese
- 3 cups chopped lettuce



Core apples, do not peel. Cut each apple into 12 thin slices. Stir lemon juice into water. Drop apple slices into mixture to prevent browning. In a small bowl combine mayonnaise and mustard. Remove apple slices from water and pat dry. Spread 1 tablespoon of mustard mixture on each tortilla; layer with 2 slices ham, 2 slices cheese, apple slices and lettuce. Roll the tortillas tightly. Cut each in half diagonally.

*Nutrition Info: Calories 450; 14g fat; 47g carbs; 1816mg sodium*

## Chicken Wrap

Yield: 6 Wraps



- 4 boneless skinless chicken breasts
- 1 tsp. dried Mexican seasoning
- 6 12-inch flour tortillas
- 2 cups shredded Monterey jack Cheese
- 1 purple onion, chopped
- 3 plum tomatoes chopped
- 3/4 cup Ranch-style dressing

Cut each chicken breast into 6 strips, and toss with Mexican seasoning. Saute chicken over medium-high heat 6 minutes or until done. Remove from skillet, wipe skillet clean. Place tortillas, 1 at a time in skillet, and sprinkle with 1/3 cup cheese; cook over medium-high heat 2 minutes or until cheese melts. Remove from skillet, and layer each with one-sixth of chicken, onion, tomato, and dressing. Roll and serve with salsa if desired.

*Nutrition Info: Calories 570 ; 26g fat; 48g carbs; 946mg sodium*

## Chicken Caesar Wrap

Yield: 4 Wraps

- 4 flour tortillas (try spinach flavored)
- 2 boneless skinless chicken breasts cooked and sliced thin
- 1 bag, fresh Caesar Salad mix

Cook chicken breast until no longer pink. This can be done in oven, microwave or counter top grill, using only salt and pepper for seasoning. Cool and slice thin. Prepare Caesar salad mix as directed on package. Add chicken and toss well. Heat tortillas in microwave until pliable. Add 1/4 portion of salad mix to each tortilla and roll.

*Nutrition Info: Calories 502; 27g fat; 44g carbs; 792mg sodium*

## Greek Style Pita Sandwiches

Yield: 4 Wraps

- 1/2 lb. lean boneless pork OR lamb
- 4 tortillas or pita pocket bread
- 1/4 cup plain low-fat yogurt
- 2 Tbsp. low-fat mayonnaise
- 1 tsp. dried dillweed
- Nonstick spray coating
- 1 clove garlic minced
- 1/4 tsp. onion powder
- 1 small cucumber thinly sliced (2/3 cup)
- 1 small tomato thinly sliced



Partially freeze pork or lamb. Thinly slice across the grain into bite-size strips. Set aside. In a small bowl combine yogurt, mayonnaise and dillweed. Set aside. Stir-fry pork or lamb, garlic, and onion powder; about 3 minutes or until meat is tender. Remove wok or skillet from heat. Salt and pepper to taste. Spread some of the yogurt mixture inside tortilla. Top with meat mixture, cucumber slices and tomato slices. Roll up tortillas.

*Nutrition Info: Calories 349; 10g fat; 44g carbs; 399mg sodium*

## Asian Sausage Salad Wraps

Yield: 6 Wraps

- 1 lb. smoked sausage (such as Kelbasa)
- 3/4 cup mayonnaise or salad dressing
- 2 Tbsp. hoisin sauce
- 3 cups packaged shredded cabbage (coleslaw mix)
- 1/2 cup sliced green onions
- 1/2 cup thinly sliced red pepper
- 1/3 cup coarsely chopped honey-roasted peanuts
- 6 10-inch flour tortillas

Microwave sausage according to package directions. Halve sausage lengthwise. Cut into 1/4 inch slices. Combine mayonnaise and hoisin sauce in a large bowl. Add sausage, cabbage, green onions, red pepper and peanuts. Toss until well coated with mayonnaise mixture. Spoon a scant cup of the sausage mixture onto each tortilla just below center. Roll up.

*Nutrition Info: Calories 543; 26g fat; 53g carbs; 1240mg sodium*

## BBQ Beef Wrap

Yield: 1 Wrap



- 1 flour tortilla
- 3 slices shaved roast beef
- 1 lettuce leaf
- 2 Tbsp. shredded mozzarella cheese
- 2 Tbsp. barbecue sauce

Top tortilla with meat, lettuce and cheese; roll up tightly. Cut wrap in half. Serve wrap with sauce for dipping.

*Nutrition Info: Calories 220; total fat 7g; sodium 1000 mg; carbs 30g.*

## Ranch Chicken Wraps

**Yield: 6 Wraps**

- 1 1/4 lb. skinless boneless chicken breasts
- Vegetable cooking spray
- 1/2 packet Reduced Sodium Taco Seasoning Mix
- 6 flour tortillas
- 3 cups romaine lettuce sliced 1/4" thick
- 3 cups diced tomato
- 1/2 cup cultured buttermilk low-fat
- 1/4 cup fat free mayonnaise
- 1 Tbsp. minced fresh dill weed
- 2 Tbsp. fresh lime juice
- 2 cloves garlic, minced

Slice the chicken into 1/4" shreds. Place in a mixing bowl, spray with vegetable cooking spray. Toss with 1/2 pack of taco seasoning mix. Cook in a nonstick skillet over medium heat and cook until no longer opaque. Make sauce by combining buttermilk, mayonnaise, dill, lime juice and garlic. Whisk. Add about half the sauce and cook to heat through. Serve remaining sauce on the side. To assemble, divide chicken, romaine, and tomatoes among the tortillas. Top with sauce and roll up.



*Nutrition Info: Calories 290; 7g fat; 47g carbs; 467mg sodium*

## Smoked Turkey Wraps

**Yield: 8 Wraps**

- 2 Tubs garlic and herb flavored cream cheese (6.5 oz. each), softened
- 8 10-inch flour tortillas
- Caramelized onions (see below)
- 1 1/2 lbs thinly-sliced smoked turkey
- 8 bacon slices, cooked, crumbled
- 4 cups arugula or gourmet mixed baby salad greens (loosely packed)



Spread softened cheese evenly over tortillas; top evenly with caramelized onions and remaining ingredients. Roll up, and wrap in parchment paper; chill. Cut in half to serve.

*Nutrition Info: Calories 608; 36g fat; 44g carbs; 1435mg sodium*

### ***Caramelized Onions***



- 2 large sweet onions diced
- 1 Tbsp. sugar
- 2 Tbsp. olive oil
- 2 tsp. balsamic vinegar

Cooked diced onion and sugar in hot oil in a large skillet over medium-high heat, stirring often, 20 minutes or until onion is caramel colored. Stir in balsamic vinegar. (Makes 2 cups)

*Per 1/4 Cup: Calories 74; 3g fat; 10g carbs; 3mg sodium*

## Club Wraps

**Yield: 4 Wraps**

- 4 Tbsp. creamy mustard-mayonnaise blend
- 4 10-inch flour tortillas
- 1/2 lb. thinly-sliced smoked turkey
- 1/2 lb. thinly-sliced honey ham
- 1 cup shredded provolone or mozzarella cheese (4 oz.)
- 2 cups shredded leaf lettuce
- 2 medium tomatoes, seeded, chopped
- 1/2 small purple onion, diced
- 4 bacon slices, cooked, crumbled
- 1/2 tsp. black pepper



Spread mustard-mayonnaise blend evenly over 1 side of each tortilla, leaving a 1/2 inch border. Layer turkey and next 6 ingredients evenly over tortillas; sprinkle with salt and pepper. Roll up tortillas; cut in half diagonally.

Tip: Roast beef or other meats could be substituted for the meat.

*Nutrition Info: Calories 584; 28g fat; 51g carbs; 1660mg sodium*

## Chicken or Seafood Salad Wraps

**Yield: 4 Wraps**



- 4 10-inch flour tortillas warmed
- 3 cups Deli chicken salad OR seafood salad
- 8 slices tomato, halved
- 4 slices American cheese, cut into strips
- 8 lettuce leaves

Spread warm tortilla with 3/4 cup chicken/seafood salad; layer with 1/4 of the tomato, 1/4 of the cheese and 2 lettuce leaves. Fold two opposite edges of tortilla toward center over filling. Roll up.

*Nutrition Info: Calories 682; 44g fat; 45g carbs; 831mg sodium*

## Stir-Fry Wrap

**Yield: 3 Wraps**

- 6 oz. skinless boneless chicken breast OR pork OR steak
- 1 garlic clove
- 1 tsp. oil
- 16 oz. frozen vegetable oriental stir-fry medley
- 1 Tbsp. teriyaki sauce
- 3 10-inch flour tortillas



Slice the chicken breasts into very thin strips. Heat oil in skillet, add garlic and stir fry the chicken strips. Add the vegetables to the chicken and cook 3 to 5 additional minutes. Top with teriyaki sauce and toss. Warm tortillas. Fill each tortilla with 3/4 cup of the chicken and vegetable mixture. Roll up. Serve immediately along with the remaining vegetables on the side, if desired.

*Nutrition Info: Calories 359; 7g fat; 48g carbs; 637mg sodium*

## Sauted Vegetable Wraps

Yield: 4 Wraps

- 3 Tbsp. olive oil
- 1 green bell pepper, thinly sliced
- 1 red bell pepper thinly sliced
- 1 yellow pepper thinly sliced
- 1 zucchini halved lengthwise and cut into 1/4" thick sticks
- 1 yellow squash halved lengthwise, and cut into 1/4" thick sticks
- 1 small onion thinly sliced
- 1/2 cup grated Monterey Jack cheese
- 4 flour tortillas



Heat oil in large skillet over medium-high heat. Add peppers along with zucchini, yellow squash and onion. Turn to coat with oil. Season with salt and pepper to taste. Sauté until tender, about 5 minutes. Remove from heat and sprinkle cheese over top to melt. Spoon vegetable mixture onto tortillas, dividing evenly, then roll each tortilla.

*Nutrition Info: Calories 367; 17g fat; 44g carbs; 383mg sodium*

## Garden Vegetable Wrap

Yield: 4 Wraps

- 4 10-inch flour tortillas
- 1/2 cup light cream cheese
- 1 cup spinach leaves
- 1 large tomato, thinly sliced
- 3/4 cup shredded carrots
- 8 slices muenster or Monterey jack cheese
- 1 small yellow pepper, thinly sliced (1/2 cup)



Spread 2 tablespoons cream cheese on each tortilla. Divide rest of the ingredients evenly among the 4 tortillas. Roll up.

*Nutrition Info: Calories 549; 28g fat; 50g carbs; 756mg sodium*

## Cheesy Roast Beef Wraps

Yield: 6 Wraps

- 1/4 cup mustard
- 6 10-inch flour tortillas
- 3/4 lb. thinly sliced cooked roast beef
- 1 cup lightly packed spinach leaves
- 1 medium bell pepper, cut into strips



*Nutrition Info: Calories 316; 7 fat; 44g carbs; 1035mg sodium*

## Cheesy Dipping Sauce

- 1 jar (16 oz.) process cheese spread
- 2 Tbsp. Milk
- 4 medium green onions, sliced (1/2 cup)

Prepare dipping sauce by heating the cheese spread and milk in 1 1/2 quart sauce pan over medium heat, stirring constantly, until smooth. Stir in onions. Spread 2 teaspoons mustard over each tortilla. Top with roast beef, spinach and bell pepper. Roll up tortillas. Serve with sauce.

*Per 1/3 Cup: Calories 213; 15g fat; 7g carbs; 1242mg sodium*

## Hearty Garden Wraps

Yield: 4 Wraps

- 2 Tbsp. Butter
- 3 cups Coleslaw mix
- 1 cup mushrooms, sliced thin
- 1/4 cup onion, chopped
- 1/2 tsp. garlic, minced
- 1/4 tsp. salt
- 1/4 tsp. crushed red pepper flakes
- 8 oz. cheddar cheese, sliced or grated
- 1 cup cooked rice
- 4 10 - inch flour tortillas



In a 10-inch skillet, melt butter until sizzling; stir in coleslaw mix, mushrooms, onion, garlic, salt and red pepper flakes. Cook over medium-high heat, stirring occasionally, until vegetables are crisply tender (3 to 4 minutes). Place about 1 cup filling in center of each warm tortilla. Fold two opposite edges of tortilla toward center over filling and roll up. Place, seam-side down, on microwave-safe plate. Microwave two sandwiches on high, turning or rearranging after half the time until heated through (1 to 2 minutes). Repeat with remaining sandwiches.

**Tip:** 4 ounces (1 cup) coarsely chopped roast beef or corned beef can be added.

*Nutrition Info: Calories 572; 29g fat; 55g carbs; 515mg sodium*

## Turkey Waldorf Wrap

Yield: 4 Wraps

- 1/4 cup quartered seedless grapes
- 1/4 cup finely chopped apple
- 1/4 cup finely chopped celery
- 2 Tbsp. light mayonnaise
- 2 Tbsp. vanilla non-fat yogurt
- 4 large lettuce leaves
- 12 slices oven roasted turkey breast



Mix fruit, celery, mayonnaise and yogurt until well blended; cover. Refrigerate for 1 hour. Cover lettuce with turkey; top with the chilled fruit mixture. Fold in sides of lettuce; roll up.

*Nutrition Info: Calories 64; 1g fat; 7g carbs; 506mg sodium*

*No endorsement is implied, nor discrimination against similar products intended, by the mention of brand names in this leaflet.*

## Sources:

*FoodDownUnder.com  
Wheat Foods Council  
Kraft Foods*