



# Lunchtime Wraps

Wraps are a fun change to eating sandwiches for lunch. The wrapper itself is usually a soft tortilla, made of flour or cornmeal. If you want a real change, look for tortillas in different flavors and colors like herb, pesto, whole wheat, jalapeno, lemon, spinach, and tomato. To make tortillas easier to roll, lay several tortillas on a microwave safe plate, cover with a damp paper towel, and microwave for a few seconds.

**What's Inside?** — The filling in a wrap can be as simple as the ingredients of your favorite sandwich, wrapped up in a tortilla. Leftovers make great wraps. You can add beans, meat, seafood, tofu, vegetables, salads, fruit, rice, potatoes, or cheese. Layer your choices on a soft tortilla, then drizzle on a little sauce such as your favorite salad dressing, barbeque sauce, salsa, or marinara. Roll it up and you have a meal to eat in your hand!

*Try some of these easy wrap recipes:*

## CHICKEN SALAD WRAP

2 1/2 cups cooked chicken,  
cut into small pieces  
1/4 cup chopped onion  
1/4 cup mayonnaise  
salt and pepper to taste  
6 (10 inch) tortillas  
1 1/2 cups shredded lettuce

In a small bowl combine the chicken, onion, mayonnaise, salt and pepper. Mix together.

Spread the chicken salad mixture evenly on each tortilla. Lay shredded lettuce on top. Fold in the top and bottom of each tortilla, then roll from one side.

*Makes six wraps.*

## TURKEY WRAP

6 (10 inch) tortillas  
8 slices of cooked turkey breast or 2 cups  
cooked turkey, chopped into small pieces  
1 1/2 cups shredded lettuce  
1/4 cup shredded carrots  
1/4 cup tomatoes, chopped in small pieces  
ranch dressing

Lay a slice of turkey or 1/3 cup chopped turkey on each tortilla. Top with lettuce, carrots, and tomatoes. Drizzle some ranch dressing on top.

Fold in the top and bottom of each tortilla, then roll from one side.

*Makes six wraps.*



## SCRAMBLED EGGS WRAP

8 (6 inch) tortillas  
1/4 cup refried beans  
1/4 cup mild salsa  
6 eggs, beaten  
1/2 cup grated cheddar cheese  
3 cups shredded lettuce

In a small bowl, mix together beans and salsa. Place a medium nonstick skillet over medium heat. Pour beaten eggs into pan, stirring gently as they cook. Stir in bean and salsa mixture. Spread egg and bean mixture on tortillas. Top with grated cheese and lettuce. Fold in the top and bottom of each tortilla, then roll from one side.

*Makes eight wraps.*

## VEGGIE WRAP

4 (10 inch) tortillas  
1/4 cup low-fat cream cheese  
4 slices of American or provolone cheese  
4 lettuce leaves

Choose at least three of the following toppings:

alfalfa sprouts  
shredded red or white cabbage  
chopped tomato  
finely diced red onion  
chopped fresh mushrooms  
chopped green, red, orange, or yellow pepper  
chopped cucumber  
grated carrots  
finely chopped celery  
small pieces of broccoli  
small pieces of cauliflower

Spread 1 tablespoon cream cheese over each tortilla. Cover the cream cheese with a slice of cheese and a lettuce leaf. Top with your favorite fresh vegetables. Fold in the top and bottom of each tortilla, then roll from one side.  
*Makes four wraps.*



**Pennsylvania Pathways**

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Sources: allrecipes.com.

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