

SANDWICH WRAP RECIPES

<http://www.cooksrecipes.com/sandwich-recipes/burritos-pitas-wraps-recipes.html>

Santa Fe Wraps

1 cup chopped onion
1 cup sliced green pepper
1/2 small jalapeño chili, veins and seeds discarded, minced
1 teaspoon minced garlic
2 teaspoon vegetable oil
8 ounces boneless skinless chicken breast or tenders, cut in 1 1/2-inch strips
1 can (15 ounces) black beans, drained
Salt and pepper, to taste
1 can (15 ounces) refried beans, warm
6 large (9 to 10 inch) flour tortillas
6 tablespoons salsa
6 tablespoons fat-free sour cream

1. Sauté onion, pepper, jalapeño and garlic in oil in large skillet 2 to 3 minutes; cover and cook over medium-high heat 2 to 3 minutes longer.
2. Add chicken to skillet; cook over medium-high heat until chicken is cooked, about 5 minutes; Add beans; cook 1 to 2 minutes, until warm.
3. Spread 1/3 cup refried beans in center of each tortilla; spoon 1/2 cup chicken mixture over refried beans; top with salsa and sour cream; and roll up tortilla.

Makes 6 servings.

TIP: 2 cups frozen onion and green pepper stir-fry blend can be substituted for chopped onion and green pepper.

Nutrient Information Per serving: Calories 366; Fat 5g; % Calories from Fat 13; Carbohydrate 56g; Folate 181mcg; Sodium 672mg; Protein 24g; Dietary Fiber 8g; Cholesterol 23mg

Recipe provided courtesy of The Bean Education & Awareness Network.

Turkey Tortilla Roll-Ups

Tortillas Ingredients:

4 ounces light cream cheese
2 tablespoons mayonnaise
1 teaspoon prepared mustard

3 large (10-inch) flour tortillas*
2 tablespoons chopped fresh basil leaves**

Filling Ingredients:

6 ounces sliced deli smoked turkey
2 cups broccoli slaw mix
1/2 cup sliced green onions
1/4 cup thinly sliced pitted ripe olives

1. Place cream cheese in microwave-safe bowl. Microwave on HIGH until softened (15 to 20 seconds). Stir until creamy. Add mayonnaise and mustard; mix well. Using half of mixture, spread thin layer on each flour tortilla; sprinkle with basil.
2. Evenly divide turkey slices among tortillas. Spread with remaining cream cheese mixture. Evenly sprinkle with broccoli slaw, onions and olives. Roll up tightly; secure with toothpick.
3. To serve, cut each roll-up diagonally in half.

Makes 6 roll-ups.

*Substitute one 15-inch soft cracker bread round. To serve, cut rolled bread into 2 1/2-inch sandwich lengths or 1-inch appetizer slices.

**Substitute 2 teaspoons dried basil leaves.

TIP: Broccoli slaw mix is available in larger markets and made from shredded broccoli stalks along with carrots, cabbage and other vegetables. You can make your own using the food processor and peeled broccoli stalks. Or, substitute shredded coleslaw or finely chopped broccoli.

TIP: To pack along: Wrap each roll-up in plastic food wrap and place in a take-along cooler until serving time.

Nutrition Facts (1 roll-up):

Calories: 210

Fat: 10 g

Cholesterol: 35 mg

Sodium: 700 mg

Carbohydrates: 19 g

Dietary Fiber: 2 g

Protein: 11 g

Beef Taco Wraps

3/4 pound thinly sliced deli roast beef
1/2 cup fat-free black bean dip
4 large (about 10-inch diameter) flour tortillas
1 cup thinly sliced lettuce
3/4 cup chopped tomato
1 cup (4 ounces) shredded reduced-fat taco seasoned cheese
Salsa (optional)

1. Spread black bean dip evenly over one side of each tortilla. Layer deli roast beef over bean dip, leaving 1/2-inch border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up over filling and roll closed.
2. Cut each roll in half. Serve with salsa, if desired.

Makes 4 servings (serving size: 1 wrap).

Nutritional Information Per Serving: 455 calories; 39 g protein; 41 g carbohydrates; 15 g fat; 1,497 mg sodium; 84 mg cholesterol; 3.5 mg niacin; .4 mg vitamin B6; 2.7 mcg vitamin B12; 4.7 mg iron; 7.3 mg zinc.