

## Mix and Match Sandwich Wraps

Wraps are a great way to update your sandwich menu. Simple and convenient, wraps start out with a round “wrapper,” such as a tortilla, pita bread or lavash (Middle Eastern flat bread). Experiment with flavored tortillas – they can add a hint of herbs or spices as well as beautiful color. Next, simply choose your spread, protein, vegetables and seasonings, roll it all up and you are ready to go.

<b>Wraps</b>	Tortillas (plain or your favorite flavor) - Wheat (whole wheat), corn, rice, sprouted wheat Lavash (Middle Eastern flat bread) Pita Bread	
<b>Protein</b>	Pinto, Black or other beans (mashed or refried) Cheese (sliced or grated) Eggs, Hard Boiled & Sliced Ham or Turkey Other Deli Meats Lentils Ricotta or Cottage Cheese Tuna	
<b>Vegetable</b>	Bell Peppers Grated Carrot Lettuce Pickles Radish Sauerkraut	Cabbage Grated Cucumber Onion Portobello Mushrooms Salad Mix Tomato
<b>Spreads</b>	Cream Cheese Peanut Butter Sunflower Butter	Mayonnaise Cashew Butter Almond Butter
<b>Seasoning</b>	Apple Cider Vinegar Hot Sauce Mustard Red Wine Vinegar	Garlic Ketchup Salad Dressing

### How to Wrap It

It’s as easy as 1, 2, 3! Just remember, when it comes to ingredients, include:

1. A variety of textures
2. One main stand-out flavor
3. A good balances of dry and moist

Then, you can make it more interesting with a tangy or spicy “finishing touch” if you wish.

### What makes a good sandwich or wrap?

You’ll get a different answer from each person, so why not please everyone with a make-your-own meal? Quick and easy, just set out a variety of choices from each category.

## Easy Tips for Making Wraps

### **Keep it Light**

Though wraps are one of the most portable foods, if you overload it, you'll be sorry...and have a mess to clean up!

### **Warm your Wrapper**

Some wrappers, such as tortillas and pita breads, are more pliable when first heated in the oven, microwave or a dry skillet.

### **Don't Fall to Pieces**

Only hard-to-bite ingredients need to be cut small. Leave most ingredients in bigger pieces for easiest rolling and eating.

### **Wrap it Tight**

Rolling your wrap tightly and securely is a must for portability. Be sure to evenly distributed your ingredients, fold in the sides and bottom, roll up tightly and seal the edges with a dab of cream or other spread.

### **Mix it Up**

Move beyond the usual turkey, lettuce, tomato and mayo and have fun experimenting with different flavor combos. We suggest:

- A variety of textures
- One main stand-out flavor
- A balance of dry and moist
- A finishing touch of tangy or spicy, if you like.

### **Party On**

Wraps sliced into pinwheels make great party food. The "don't overload" rule really applies here, and cream cheese helps them stick.

### **On the Roll**

When you prepare wraps in advance, use well-dried lettuce as a barrier between the spread and the bread to prevent sogginess.

### **Wrap your Wrap**

Keep your wraps in good shape for eating later by wrapping tightly in plastic wrap and refrigerating, which will also "set" the ingredients.

Adapted from the Whole Foods Market Recipes: Mix and Match Sandwich Wraps website: <http://www.wholefoodsmarket.com>

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