



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.

Wraps	Tortillas (plain or your favorite flavor) - Wheat (whole wheat), corn, rice, sprouted wheat Lavash (Middle Eastern flat bread) Pita Bread	
Protein	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	
Vegetable	Bell Peppers Grated Carrot Lettuce Pickles Radish Sauerkraut	Cabbage Grated Cucumber Onion Portobello Mushrooms Salad Mix Tomato
Spreads	Cream Cheese Peanut Butter Sunflower Butter	Mayonnaise Cashew Butter Almond Butter
Seasoning	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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