



Oklahoma Cooperative Extension Service—Pittsburg County



Bringing the University to You

It's a WRAP



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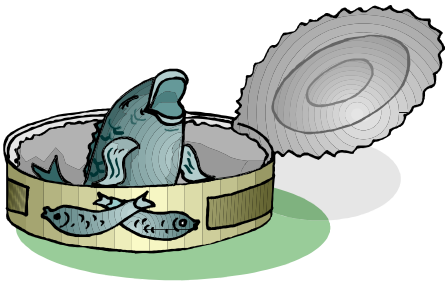
Terrific Tuna Roll-Ups

Ingredients:

1/4 cup reduced-fat mayonnaise
4 teaspoons Dijon-style mustard
2 cans (about 6 1/4 ounces each) chunk tuna packed in water, drained
1/2 cup coarsely chopped canned water chestnuts, drained
1/2 cup thinly sliced green onions
1/3 cup canned, chopped roasted red pepper
4 (8-inch) flour tortillas
2 to 3 cups shredded romaine lettuce

Preparation Time: Approximately 20 minutes

Preparation: Blend mayonnaise and mustard in a mixing bowl. Stir in tuna, water chestnuts, green onions and roasted red peppers. Divide tuna mixture among tortillas, spreading to within 1 inch of the edges. Cover each tortilla with about 1/2 cup lettuce. Roll each up tightly like a jelly-roll. Cut in half diagonally and serve immediately.



Servings: 4 **Nutritional Information Per Serving:** calories 340; total fat 11g (saturated fat 2.5g); cholesterol 35mg; sodium 880mg; carbohydrate 32g (fiber 3g); protein 27g; vitamin A 45% DV*; vitamin C 40% DV; calcium 10% DV; iron 20% DV

Chocolate Cheesecake Wrap

4 10" chocolate tortillas
2 cups cream-style cottage cheese
16 oz soft cream cheese
1/2 cup graham cracker crumbs
1/2 cup sugar
1 teaspoon grated lemon peel
1/2 cup grated sweet chocolate
Chocolate sauce or syrup
Fresh strawberry for garnish (*optional*)



DIRECTIONS: Combine sugar, cottage cheese and graham cracker crumbs. Add lemon peel and grated chocolate. Fill tortillas with equal amounts. Roll like a crepe. Drizzle with chocolate sauce. Serve chilled.

Fried Pie Wraps

Using your favorite pie filling, place on 1/3 of tortilla (6 or 8 inch recommended". Roll up like a burrito. Lay flap side down in hot frying pan with 1/4 inch oil. Fry both sides until golden brown. Serve hot.

Courtesy of Helen Taylor, Town & Country HCE

Apple-Cinnamon Pie Wrap

2 10" apple-cinnamon tortillas
Fresh Apple pie filling, warmed
Whipped Cream
Cinnamon
Caramel Sauce

DIRECTIONS: Warm tortillas on a grill or stovetop, or microwave. With tortillas lying flat, add apple pie filling. Roll. Drizzle with caramel sauce. Serve with a side of whipped cream. Decorate plate with sprinkled cinnamon.

Tripe Treat Ice Cream Delight

1 10" chocolate tortilla
1 10" blueberry tortilla
1 10" pineapple banana tortilla
2 Scoops of vanilla ice cream for chocolate tortilla
2 Scoops of strawberry ice cream for blueberry tortilla
2 Scoops of raspberry or orange sherbet for pineapple banana tortilla

DIRECTIONS: Roll tortillas into cones. Fill with ice cream or sherbet, Top off with whipped cream, fresh fruit or an assortment of sauces (strawberry, caramel or chocolate) Finish with a dusting of cinnamon, cocoa or finely chopped nuts.

Summer Hot Dog Wraps

Ingredients:

4 (2 ounces each) low-fat beef hot dogs
4 (8-inch) tomato-flavored tortillas
1 can (8 ounces) crushed pineapple, drained
1/4 cup chopped cilantro or parsley
1 tablespoon canned chopped green chiles, drained
1 green onion, chopped
Grated peel of 1 lime
1/2 cup shredded Monterey Jack cheese (optional)

Preparation Time: Approximately 20 minutes

Cook Time: Approximately 15 minutes



Preparation:

Grill the hot dogs over medium heat, about 6 to 8 minutes, until cooked to an internal temperature of 160°F. Turn them once to brown evenly. Remove hot dogs from the grill; slice in half lengthwise. Combine pineapple, cilantro, chiles, onion and lime peel in medium bowl to make salsa. Spread 2 table-

spoons salsa on a tortilla, then top with both halves of a sliced hot dog. If desired, spoon 2 tablespoons cheese over the hot dog. Fold the short sides (bottom and top) of the tortilla over the frank, then fold the long sides so they overlap. Repeat to make three more hot dog wraps. Grill the wraps with the wrap opening down for about 4 minutes until the tortilla is lightly browned and sealed together. Turn the wraps once as they grill.

Servings: 4

Nutritional Information Per Serving: Calories 320; Total fat 15g (Saturated fat 6g); Cholesterol 25mg; Sodium 910mg; Carbohydrate 35g (Fiber 2g); Protein 11g (Calculated with undrained pineapple.)

Peanut, Peach, 'n Pineapple Wrap

Ingredients:

- 1 can (8 1/4 ounces) sliced peaches in juices, drained*
- 1 can (8 ounces) pineapple tidbits in juice, drained*
- 1/2 cup red or green bell pepper, chopped
- 1/2 teaspoon cinnamon
- 4 (10-inch) honey-wheat or flour tortillas
- 1/2 cup chunky peanut butter
- 3 cups lettuce (deeper-green variety), shredded

Preparation Time: Approximately 10 minutes. **Preparation:** In a medium bowl, combine peaches, pineapple, bell pepper and cinnamon. Warm the tortillas **. Spread 2 tablespoons of peanut butter on the bottom half of each tortilla, leaving room on the edges. Spoon equal portions of the peach mixture over peanut butter, then top with lettuce. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

*Tip: Mix the drained juices with your breakfast juice.

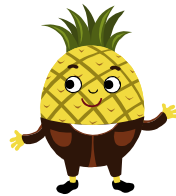
**To make them more pliable before wrapping, warm tortillas: -

Microwave oven: 10 to 15 seconds on high heat

- Oven: 3 to 5 minutes at 350°F in aluminum foil

- Stovetop: 15 seconds per side over medium-high heat in a large non-stick skillet. **Servings:** 4 - **Nutritional Information Per**

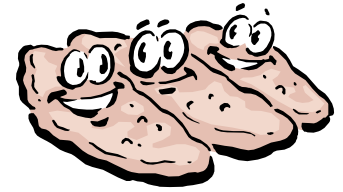
Serving: Calories 500; Total fat 21g; Saturated fat 4g; Cholesterol 0mg; Sodium 520mg; Carbohydrate 66g; Fiber 8g; Protein 15g; Vitamin A 35%DV*; Vitamin C 70%DV; Calcium 8%DV; Iron 20%DV



Salsa-Style Potato Wrap

Ingredients:

- 1 can (29 ounces) diced potatoes
- 1 cup canned salsa
- 1/4 cup chopped green onions
- 1/4 cup chopped cilantro or parsley
- 4 (10-inch) whole-wheat or tomato-flavored tortillas
- 4 large hard-cooked eggs, chopped*
- 1/4 cup shredded Cheddar cheese
- 2 cups shredded, dark-green, leafy lettuce



Preparation Time: Approximately 10 min **Preparation:** Combine potatoes, salsa, green onions and cilantro in a medium bowl; toss gently with fork to mix. Warm tortillas.** Spread equal portions of potato-salsa mixture on the bottom half of each tortilla, leaving room on the edges. Sprinkle with eggs and cheese; top with lettuce. Fold side and bottom edges of each tortilla toward the middle over filling, then roll so tortilla covers filling. *For food safety, refrigerate hard-cooked eggs. Discard if they are cracked or if they're left out of the refrigerator longer than two hours for any reason (decoration, egg hunt).

**To make them more pliable before wrapping, warm tortillas:

•Microwave oven: 10 to 15 seconds on high heat

•Oven: 3 to 5 minutes at 350°F in aluminum foil

•Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet **Servings:** 4 **Nutritional Information Per Serv-**

ing: Calories 330; Total fat 8g; Saturated fat 3.5g; Cholesterol 220mg; Sodium 650mg; Carbohydrate 58g; Fiber 6g; Protein 16g

Breakfast Fruit Wrap

Ingredients:

1 tortilla, if possible use whole wheat
2 teaspoons "fruit only" strawberry preserves
2 tablespoons reduced fat ricotta cheese
1/3 to 1/2 cup sliced fresh strawberries
2 tablespoons sliced almonds, toasted



Directions:

On a flat surface, spread preserves on the tortilla. Top with ricotta cheese. Carefully top with sliced fruit. Sprinkle with sliced almonds. Starting from one end, roll tightly. Wrap in foil for neater eating. Makes one fruit wrap. ***Variation:*** Spread tortilla with

apricot preserves and use sliced or fresh canned, well-drained peaches.

Nutrition information per serving:

Calories: 231 Fat: 9g (2g saturated) Carbohydrates: 34g Protein: 9g
Fiber: 4g Sodium: 213mg

Courtesy of FitnessandFreebies.com

Moroccan Chicken Wrap

Ingredients:

1 can (10 ounces) premium chunk chicken, drained and flaked
1 garlic clove, minced
1 teaspoon freshly grated ginger
1/2 teaspoon cinnamon
1/2 teaspoon cumin
1 tablespoon olive oil
2 cups cooked whole-wheat couscous
1 can (6 ounces) Mandarin oranges, drained and cut up
1/2 cup chopped, fresh mint
1/2 cup canned, sliced olives (black or green)
1/4 cup slivered almonds, toasted
1/4 cup green onion
4 (10-inch) flour tortillas

Preparation:

In a medium bowl, season chicken with a mixture of garlic, ginger, cinnamon and cumin. Heat oil in a medium, non-stick skillet; add seasoned chicken; cook until lightly browned, about 5 minutes. Remove from heat; cool slightly. Combine chicken with couscous, oranges, mint, olives, almonds and green onion; toss gently with fork to mix. Warm the tortillas.* Spread equal portions of the couscous-chicken mixture on the bottom half of each tortilla, leaving room on the edges. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

*To make them more pliable before wrapping, warm tortillas:

- Microwave oven: 10 to 15 seconds on high heat
 - Oven: 3 to 5 minutes at 350°F in aluminum foil
 - Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet.
- Servings: 4** **Nutritional Information Per Serving:** Calories 530; Total fat 20g; Saturated fat 4g; Cholesterol 35mg; Sodium 590mg; Carbohydrate 60g; Fiber 6g; Protein 28g

Quick and Easy Recipe for “Duck Wrap”

Take 1/2 strip of bacon, place a thin slice of duck meat (a little bit bigger than bite size) onto the bacon. Dab one tablespoon of cream cheese onto the duck meat. **OPTIONAL:** Place a jalapeno pepper onto the cream cheese. Roll the bacon around all of this and place a toothpick in it. Place on the grill & grill until meat is well cooked. Delicious!!

The meat is usually marinated in zesty Italian dressing. Any type of meat can be used, deer, beef, etc.

Recipe courtesy of Sue Hamilton—CNEP Pontotoc County

Margherita Pizza Wrap

Ingredients:

1 cup uncooked whole-wheat couscous
3 tablespoons extra-virgin olive oil, divided
1 can (15 ounces) cannellini beans, drained and rinsed
1 can (14 1/2 ounces) diced tomatoes, slightly drained
1/4 cup green onion
1 garlic clove, minced
1 teaspoon Italian seasoning
6 tomato-flavored tortillas
6 tablespoons shredded part-skim mozzarella cheese
3/4 cup loosely packed fresh basil leaves

Preparation Time: Approximately 15 minutes

Cook Time: Approximately 5 minutes

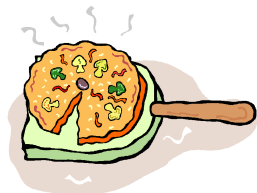
Preparation:

Prepare couscous according to package directions, using 1 tablespoon olive oil. Cool. In a medium bowl combine 2 tablespoons olive oil, beans, tomatoes, green onion, garlic and Italian seasoning. Blend well. Add cooked couscous; toss gently with fork to mix. Warm the tortillas*. Spread 2/3 cup of the bean-tomato-couscous mixture on the bottom half of each tortilla, leaving room on the edges. Sprinkle with cheese. Layer with basil leaves. Fold the side and bottom edges of each tortilla toward the middle over the filling, then roll so the tortilla covers the filling.

* To make them more pliable before wrapping, warm tortillas:

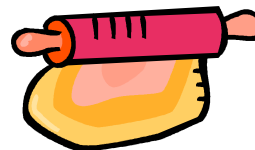
- Microwave oven: 10 to 15 seconds on high heat
- Oven: 3 to 5 minutes at 350°F in aluminum foil
- Stovetop: 15 seconds per side over medium-high heat in a large, non-stick skillet.

Servings: 6 **Nutritional Information Per Serving:** Calories 450; Total fat 15g; Saturated fat 3g; Cholesterol 5mg; Sodium 760mg; Carbohydrate 66g; Fiber 8g; Protein 14g; Vitamin A 6%DV**; Vitamin C 15%DV; Calcium 20%DV; Iron 25%DV; Folate 20%DV; Potassium 4%DV



CARAMEL PUFF BITES

2 sheets frozen puff pastry
1 egg
1 Tablespoon water
32 caramels



Thaw the pastry at room temperature for 30 minutes. Beat the egg and water together in a bowl. Unfold the pastry on a floured work surface. Roll each pastry sheet into a 12-inch square and cut each square into sixteen 3-inch squares. Place a caramel in the center of each square. Brush the edges of the squares with the egg mixture. Bring the corners of the squares to the center to enclose the caramel and press the edges to seal. Arrange on baking sheets. Bake at 400 degrees for 15 minutes or until golden brown. Remove to a wire rack and let cool for 10 minutes.

YIELD: 32 servings

APPLE STRUDEL IN A SNAP

1 sheet frozen puff pastry
1 egg
1 Tablespoon water
1 (21-oz) can apple pie filling
Ice cream or whipped cream

Thaw the pastry at room temperature for 30 minutes. Beat the egg and water together in a bowl. Unfold the thawed pastry on a lightly floured work surface. Roll into a 12x16-inch rectangle with the narrow side facing you.

Spoon the pie filling onto the bottom half of the pastry, leaving a 1-inch border. Roll, starting at the narrow side, to enclose the filling. Place seam side down on a baking sheet, tucking the ends under the pastry. Brush with the egg mixture. Cut several slits 2 inches apart on the top of the pastry.

Bake at 375 degrees for 35 minutes or until golden brown. Remove to a wire rack and let cool for 30 minutes. Slice and serve warm with ice cream or whipped cream.

YIELD: 6 servings

Chicken Caesar Salad Wraps

Ingredients:

2 cups thinly sliced romaine lettuce
1 can (10 ounces) premium chunk breast of chicken in water, drained and flaked
1 medium tomato, diced
1 can (5 ounces) sliced water chestnuts, drained
1/4 cup creamy Caesar salad dressing
1 tablespoon grated Parmesan cheese
4 (8-inch) flour tortillas, plain or flavored

Preparation Time: Approximately 10 minutes

Preparation: Combine lettuce, chicken, tomato, water chestnuts, salad dressing and Parmesan cheese in a medium bowl. Toss until well combined. Divide the mixture evenly among the tortillas. Wrap the tortillas around the filling, and serve. **Servings:** 4

Nutritional Information Per Serving: Calories 400; Total fat 19g; Saturated fat 4g; Cholesterol 35mg; Sodium 590mg; Carbohydrate 33g; Fiber 3g; Protein 24g; Vitamin A 40%DV*; Vitamin C 20%DV; Calcium 10%DV; Iron 20%DV; Folate 23%DV; Potassium 11%DV

Beef & Broccoli Slaw Wraps

- 1 pound lean ground beef
- ¼ cup finely chopped onion
- ¼ teaspoon pepper
- 3 cups packaged broccoli or cabbage slaw mix
- 1/3 cup hoisin sauce
- 4 10-inch flour tortillas, warmed

In large nonstick skillet, brown ground beef and onion over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into ½-inch crumbles. Pour off drippings; season with pepper. Stir in slaw mix and ¼ cup hoisin sauce; heat through. Spread ¼ of beef mixture (about 1 cup) evenly over each tortilla, leaving 1 ½-inch border on all sides. Fold right and left edges of tortilla over filling; fold bottom edge up over filling, then roll up, jelly-roll fashion. Place seam-side down on plates; cut in half, if desired. Serve with additional hoisin sauce, if desired.

Makes 4 servings. **Nutrition information per serving:** 372 calories; 36g protein; 4g carbohydrate; 23g fat; 415mg sodium; 99mg cholesterol; 4.6mg niacin; 0.5mg vitamin B6; 3.1mcg vitamin B12; 4.2mg iron; 7.1mg zinc ——— Modified from original source: <http://www.vabeef.org/Main%20Dishes/Beef%20Broccoli%20Wraps-p.htm>

Sweet & Spicy Tuna Wrap

- 1 (5 oz) pouch sweet and spicy tuna
- ½ cup carrots, shredded
- 3 fresh basil leaves, cut into strips
- 3 Tbsp. Creamy Italian dressing, low calorie
- 2 Flour tortillas
- 1 cup shredded lettuce
- ½ cup tomato, diced
- 4 oz. shredded mozzarella cheese

In a small bowl, mix together tuna, carrots, basil and 2 Tbs. Italian dressing. On the center of each tortilla, place ½ cup lettuce, ¼ cup tomatoes, ½ Tb. Italian dressing, ½ tuna mixture and 2 oz. mozzarella cheese. Fold end of tortilla over the above ingredients and roll tightly. Cut in half, diagonally, and serve. Make 2 servings, 1 wrap each.

Nutrition information per serving: 378 calories; 19g total fat (29%); 10g saturated fat (48%); 52mg cholesterol (17%); 36g Carbohydrate (12%); 4g dietary fiber (18%); 18g protein (35%); 812mg sodium (34%); 2mg iron (13%), 389mg Calcium (39%)

CHERRY PIE WRAPS

- 1 (21 -ounce) can cherry pie filling
- 12 flour tortillas
- 1 1/2 cups sugar
- 1 1/2 cups water
- 1 1/2 cups (3 sticks) margarine
- vanilla ice cream



Spread an equal amount of the pie filling over 1 side of each tortilla. Roll to enclose the filling. Arrange seam side down in a buttered 9x13-inch baking dish. Bring the sugar, water and margarine to a boil in a saucepan, stirring frequently. Pour over the wraps. Bake at 375 degrees until brown and crispy, Serve each wrap with a scoop of ice cream.

YIELD: 12 wraps

PEANUT BUTTER AND CHOCOLATE WRAPS

- 1/2 cup creamy peanut butter
- 4 (8-inch) flour tortillas
- 1 cup miniature marshmallows
- 1/2 cup (3 ounces) semisweet chocolate chips

vanilla ice cream

Spread 2 tablespoons of the peanut butter over 1 side of each tortilla. Sprinkle each with 1/4 cup of the marshmallows and 2 tablespoons of the chocolate chips. Roll to enclose the filling. Wrap each tortilla in foil and seal tightly. Bake at 325 degrees for 5 to 10 minutes or until heated through. Serve each wrap with a scoop of ice cream.

YIELD: 4 wraps