# Wraps: an easy and fun way to pack more veggies into meals!

Tips and tricks for wrap-making:

1) If your wrap has trouble staying together, seal it with a dot of cream cheese or hummus between where you want the edges to stick together
2) It's easy to get creative: wraps can be a combination of anything so feel free to adapt these recipes or make up your own!
3) You can always add more veggies to wraps to make them bigger and add even more vitamins and minerals to your meal
4) Kids love to help – and making wraps are an easy activity for them to participate in

# Avocado Bean Wrap

Ingredients

2 ripe avocados
1 cup fresh or jar salsa
2 tsp. olive oil
1 red bell pepper, chopped
2 medium carrots, chopped
1/2 tsp. ground cumin
1 can low-salt black beans
3/4 cup fresh cilantro (or 1 tsp dried cilantro)
4 whole-wheat wraps
1/2 head lettuce (or 2 cups chopped lettuce)
Lime wedges, for serving

Directions

1. Cut 1 avocado into 1/2-inch pieces. In a small bowl, mash the other avocado with 1/4 cup salsa. Cover and set aside.
2. Heat the olive oil in large skillet over medium-high heat. Add the pepper and carrots and cook, stirring occasionally, until just tender, 3 to 4 minutes. Stir in the cumin and cook for 1 minute.
3. Add the beans and the remaining 3/4 cup salsa to the mixture on the stove and cook until heated through. Remove from the heat, stir in the cilantro and chopped avocado.
4. Spread mashed avocado-salsa mixture on each wrap. Divide the lettuce and bean mixture among the wraps (about 1 cup each) and roll up. Serve with lime wedges, if desired

Adapted from: https://www.delish.com/cooking/recipe-ideas/recipes/a34131/avocado-bean-wrap-recipe-122566/

# Southwest Hummus Wrap

Ingredients

1 whole wheat tortilla or wrap

3 tbsp any hummus

2 tbsp corn (fresh, thawed frozen or canned)

2 tbsp low-salt black beans (drained if canned)

1 tbsp diced tomato

2 tbsp diced avocado

1 cup shredded lettuce

Directions

1. Spread hummus over wrap.
2. Layer the rest of the ingredients on top of hummus, fold the wrap, and serve.

Adapted from: https://www.chef-in-training.com/southwest-hummus-wraps/

# Chicken Avocado Wraps

Ingredients

2 avocados, cubed
Juice of 1 lime
2 cups Shredded chicken
1 bell peppers, seeds and cores removed, chopped
1/2 small red onion, chopped
1 cup shredded low-fat cheese
2 tbsp sour cream (optional)
2 tbsp finely chopped chives (optional)
4 large whole-wheat tortillas or wraps

Directions

1. In a medium bowl, combine avocado and lime juice and mash until only small chunks of avocado remain. Add chicken, bell pepper, red onion, cheese, sour cream and chives and stir until evenly combined.
2. Spread a thin layer of the chicken avocado mixture onto a large tortilla, leaving a small border around the edges. Roll the tortilla up tightly, then cut off the edges and slice into 1" rolls. Repeat with remaining ingredients.
3. Serve cold or at room temperature.

Adapted from: https://www.delish.com/cooking/recipes/a52540/chicken-avocado-roll-ups/

# Veggie Wraps

Ingredients

3 tbsp roasted sunflower seeds (optional)
2 small carrots, grated
1 small red onion, sliced
¼ bell pepper, chopped
½ cup spinach (fresh or thawed frozen) or lettuce
1/3 cup cottage cheese
¼ cup Greek yogurt or sour cream
1 tsp lemon juice
2 tbsp Dijon mustard
2 whole wheat tortillas or wraps
Salt and pepper

Directions

1. Prepare dressing: put cottage cheese, Greek yogurt, lemon juice, and dijon mustard into a bowl and mix it well.
2. Spread the dressing mixture onto each wrap. Lay the spinach in an even layer on top of the dressing layer.
3. Add carrots, bell pepper, and onion in a line down the middle of the wrap. Sprinkle sunflower seeds on top if desired.
4. Season with salt and pepper if desired. Fold the wraps and serve fresh or chilled.

Adapted from: https://hurrythefoodup.com/tangy-veggie-wrap/

# Spinach and Feta Cheese Wraps

Ingredients

4 ounces light whipped cream cheese
3 tablespoons extra virgin olive oil
1 small yellow onion, diced
1 red bell pepper, cut into thin strips
Pinch of salt
1 garlic clove, finely chopped
1 cup spinach (fresh or thawed frozen)
Salt and pepper, to taste
2 green onions, thinly sliced
1/4 cup shredded parmesan cheese
1/3 cup crumbled feta cheese (optional)
6 to 8 whole wheat flour tortillas or wraps

Directions

1. Preheat oven to 350°F. Grease a baking dish with cooking spray and set aside
2. Place cream cheese in a medium sized mixing bowl and set aside
3. Heat olive oil in a large skillet; add onions and peppers
4. Season with salt and cook for 3 to 4 minutes, or until tender
5. Stir in garlic and continue to cook for 30 seconds
6. Add spinach; season with salt and fresh ground pepper and continue to cook and stir for 3 minutes, or until spinach is cooked down
7. Remove from heat and add spinach mixture to the cream cheese
8. Add green onions and cheeses; mix and stir until creamy and well incorporated
9. Place about 1/4-cup filling onto each tortilla; roll it up
10. Arrange tortilla wraps in the previously prepared baking dish
11. Lightly coat each tortilla wrap with cooking spray
12. Bake for 15 minutes, or until lightly browned and heated through

Adapted from: https://diethood.com/creamy-spinach-and-feta-cheese-tortilla-wraps/

# Lettuce Turkey Tacos

Ingredients

1 tbsp olive oil

¾ cup yellow onion, chopped

1 lb ground turkey

2 cloves garlic

Salt and pepper, to taste

1 tbsp chili powder

1 tsp ground cumin

½ tsp paprika

½ cup tomato sauce

½ cup low-salt chicken broth

Large iceberg or romaine lettuce leaves, doubled up, for serving

Toppings:

1 cup shredded low-fat cheese

Diced tomato, red onion, avocado, and/or cilantro

Directions

1. Heat olive oil in skillet over medium-high heat. Add onion and saute for 2 minutes.
2. Add turkey and garlic to skillet, season with salt and pepper, and cook while stirring frequently until turkey is cooked through, about 5 minutes.
3. Add chili powder, cumin, paprika, tomato sauce, and chicken broth to turkey mixture. Reduce to simmer and cook for about 5 minutes until sauce has thickened.
4. Serve mixture using large lettuce leaves as a shell and add toppings as desired.

# Hummus and Veggie Wraps

Ingredients

2 large whole wheat tortillas or wraps
1/2 cup hummus, any kind
Sliced deli turkey (optional)
1/4 cup grated cheddar cheese
Any chopped veggies: cucumber carrot, peppers, onion, kale spinach, tomatoes, etc.

Directions

1. Spread each tortilla with 1/4 cup hummus each. Fill with any veggies, wrap and serve

Adapted from: https://laurenslatest.com/hummus-and-veggie-wraps/

**Avocado and Tuna Salad Wrap**

Ingredients:
1 medium avocado
lemon wedge
1 (5 oz.) can tuna in water, drained
1 stalk celery, chopped
2 green onions, chopped
1/3 cup grape tomatoes, quartered
1 tablespoon low fat mayonnaise
Salt and pepper, to taste
2 whole wheat tortillas or wraps
½ cup lettuce, chopped
Any other veggies, chopped

Directions

1. Remove avocado seed and spoon avocado out of its shell into a medium bowl 2. Squeeze lemon wedge over avocado and mix in. Add in tuna and mix.
2. Add celery, green onions, grape tomatoes, and mayonnaise. Season to taste and mix completely.
3. Sprinkle lettuce onto tortillas and divide avocado tuna salad between tortillas. Roll up, slice if desired, and serve.

Adapted from: https://www.ishouldbemoppingthefloor.com/2015/01/avocado-and-tuna-salad-wrap.html