

Tortilla wraps



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

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About this recipe

Serves

1

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 low-sodium tortilla

- 2 slices deli meat
- 1 tablespoon spread
- ¼ cup leafy greens
- 1 slice cheese
- ¼ cup vegetables, sliced

Directions

1. Slice tortilla from center to one edge.
2. Add each ingredient to a separate quadrant.
3. Starting with the section to the right of the cut line, fold over onto adjacent section.
4. Repeat until all are folded.

Tips and variations

Wrap ideas:

- Turkey with cheddar jack cheese, hummus, tomatoes and spring mix lettuce.
- Ham with Swiss cheese, mustard, tomatoes and spinach
- Taco-inspired - taco meat, pico de gallo, cheese, leafy green, guacamole
- Pesto, artichokes, tomatoes and mozzarella cheese
- Strawberries, peanut butter and apples
- Banana, peanut butter, jelly

Recipe video

Nutritional info

Calories

220

Total fat

10g

Sodium

480mg

Total carbohydrates

20g

Dietary fiber

1g

Protein

21g

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