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Font Resize Delicious food *wrap* recipes From staff reports Posted: 06/16/2009 03:08:52 PM PDT

Wraps are a fun, convenient alternative to fast food, filled with fresh items. (David Crane/Staff Photographer)

BUFFALO CHICKEN WRAP

2 (10- to 12-inch) flour *tortillas* (style and flavor desired such as honey wheat, regular or sun-dried tomato and basil)

1 cup diced skinless, boneless grilled chicken breast

Buffalo chicken hot sauce, amount desired to drizzle on

1/4 to 1/3 cup light ranch OR blue cheese dressing, thinned with a little milk or cream until of spreading consistency, if necessary

6 slices provolone cheese OR 6 tablespoons shredded provolone OR Jack cheese

1 cup shredded iceberg lettuce

Lay each *tortilla* out on a flat surface and sprinkle one-third of each *tortilla* closest to you with 1/2 of chicken. Drizzle chicken with hot sauce, amount desired, then top each with 1/2 of dressing. Top each with 3 slices cheese. Heat 15 to 30 seconds on a plate in a microwave oven to barely melt cheese. Sprinkle cheese on each with 1/2 of lettuce. Fold up bottom of *tortilla*, closest to you over filling, then fold two sides in toward center and roll up tightly from bottom edge. Heat each side on a hot non-stick griddle stove-top until golden. Cut in half diagonally and serve immediately. Makes 2 servings.

A replica version, developed by Natalie Haughton, of the *wrap* at Great *Wraps*.

GREEK SALAD WRAP

2 (10- to 12 -inch) flour *tortillas* (style and flavor desired such as spinach, honey wheat or regular)

1 cup shredded romaine lettuce

3 tablespoons chopped red OR green onions

6 tablespoons chopped cucumbers

1/4 cup sliced ripe olives

6 tablespoons chopped tomatoes (seeds removed)

1/4 cup crumbled feta cheese

2 to 3 tablespoons sliced banana peppers (optional)

1/4 cup sour cream mixed with 2 tablespoons vinaigrette dressing OR 6 tablespoons ranch dressing thinned with a little milk or cream, if necessary

On a plate, heat *tortillas*, one at a time, in microwave oven until pliable and hot, about 20 to 25 seconds. On bottom third or half of each *tortilla* closest to you, sprinkle with 1/2 of lettuce, onions, cucumbers, olives, tomatoes, feta cheese and banana peppers. Drizzle each with 1/2 of dressing. Fold up bottom of *tortilla*, closest to you over filling, then fold two sides in toward center and roll up tightly from bottom edge. Heat each side on hot non-stick griddle stove-top until golden. Cut in half diagonally and serve immediately. Makes 2 servings.

A replica version, developed by Natalie Haughton, of the *wrap* at Great *Wraps*.

HUMMUS VEGGIE *WRAP*

2 (10- to 12-inch) flour *tortillas*

1/2 cup shredded pepper Jack OR Jack cheese

6 tablespoons hummus (store-bought OR home-made)

1 cup shredded romaine lettuce

4 tablespoons roasted red peppers

3 tablespoons chopped red OR green onions

6 tablespoons diced tomatoes (seeds removed)

4 tablespoons diced cucumbers

Lay *tortillas* out separately on a flat surface. Just below center of each *tortilla* and closest to you, sprinkle with 1/2 of Jack cheese. Heat in microwave oven, each separately, 10 to 15 seconds until cheese barely melts. Top each *tortilla* with 1/2 of hummus, lettuce, red pepper, onions, tomatoes and cucumbers. Fold two sides of each *tortilla* in toward center and roll up from bottom edge as tightly as possible. Heat each side on a hot non-stick griddle stove-top until golden. Cut in half diagonally and serve immediately. Makes 2 servings.

A replica version, developed by Natalie Haughton, of the *wrap* at Great *Wraps*.

CHICKEN CAESAR SALAD *WRAP*

3/4 to 1 cup shredded cooked rotisserie chicken, breast meat only

1 cup finely shredded romaine lettuce

2 tablespoons shredded carrots

2 tablespoons Caesar dressing, low fat if desired

1/2 teaspoon freshly ground black pepper

2 tablespoons grated Parmesan cheese

2 (9–inch) flour *tortillas*, flavor of choice

In a small bowl, combine chicken, lettuce, carrots, dressing and pepper; mix well. Lay *tortillas* out flat, each on a dinner plate. Just below center of each, place 1/2 of chicken mixture and top with 1/2 of Parmesan. Fold sides in over filling toward center and roll up from bottom as tightly as possible. Cut each roll in half on the diagonal. Serve immediately. Makes 2 servings.

Recipe shared by Mei Ibach, developed for *La Tortilla Factory*.

BREAKFAST–STYLE *WRAP*

1 teaspoon olive OR canola oil

2 tablespoons chopped onion

2 medium eggs, lightly beaten with a fork

1 large tomato, medium diced

1/4 cup low fat cottage cheese

2 (9–inch) flour *tortillas*, warmed in a skillet over low heat 1 to 2 minutes

Heat oil in a large skillet. Add onion and cook over medium heat 1 minute or until soft. In a mixing bowl, with a fork or wire whisk, whisk together egg, diced tomatoes and cottage cheese. Add egg mixture to onion and scramble 1 minute over medium–low heat until egg is set. Fill each warm *tortilla* with 1/2 of cooked egg mixture. Fold the sides over filling, and roll into a *wrap*. Cut in half and serve while hot. Makes 2 servings.

Recipe shared by Mei Ibach, developed for *La Tortilla Factory*. [Print](#) [Email](#) [Font](#) [Resize](#)

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Highlights: wrap, Wraps, WRAP, tortillas, tortilla, La Tortilla Factory