

## It's a Wrap! - by Paula Hendricks, Nutrition Consultant

September is here, vacation time is over, kids are back in school, and calendars are filling with upcoming activities. This is also the time for planning meals again - a nutritious breakfast to get the day started, a healthy lunch to refuel, and a dinner filled with a variety of vegetables to accompany the protein-rich entree. This month's recipe will teach you how to make a quick and healthy wrap for any meal that will satisfy the sweet or savory palate, and please even the pickiest eaters in your family. Consider a Chicken Caesar Salad Wrap, a Peanut Butter, Mozzarella, Apple wrap for your kids, or a Mexican Wrap with ground beef, shredded cheese and salsa. The possibilities are endless. For those of you on the LCD or MD Key Diet, remember the 30+ grams of protein rule when you wrap.

Use Mission brand "Carb Balance" flour tortillas in sizes small (4 net carbs), medium (7 net carbs) and large (10 net carbs) which can be found at most grocery stores. Depending on the person, the meal, and hunger level, you will need to choose the appropriate tortilla size. For example, a small child would only need a small tortilla but an active teen may need a medium or large. Do not substitute other tortilla brands unless it is comparable to the "Carb Balance" tortillas. Always read the nutritional label.

### Ingredient options for protein:

- Deli meats (turkey, ham, Canadian bacon, etc.)
- Canned tuna or chicken salad
- Reduced fat cheeses or mozzarella sticks
- Smoked salmon or other fish
- Diced meats (chicken, beef, etc.)
- Scrambled eggs (whole and egg whites)
- Left over protein from the night before



### Ingredient options to accompany protein:

- Butter leaf lettuce, Romaine lettuce, cabbage, etc.
- Broccoli slaw, shredded carrots, sprouts, onions, capers, etc.
- Apple slices with cinnamon sprinkled on top
- Peanut or almond butter
- Berries, chopped tomatoes, sliced avocado, etc.
- Sugar substitute, Stevia, spices, etc.
- Cream cheese, mayonnaise, mustard, salsa, etc.

### Instructions:

1. Choose the tortilla size and add the appropriate amount of protein for the person who will be eating it.
2. Layer it evenly with ingredient options and slowly roll the tortilla tightly to form the wrap.
3. Either cut in half or leave whole. It's a wrap!

