

SAZ'S™

Cooking Notes

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It's a Wrap



Wrap sandwiches are a trendy twist on the traditional sandwich. They are easy to make, easy to handle, and they look so great for serving. Whether you prefer a long enchilada shape or choose to slice your wrap into pinwheels, or to create a cone, the wrap can be the perfect addition to lunch box offerings, party platters and luncheon menus. You can even make breakfast wraps for a healthy bite on the go.

You can wrap your ingredients in tortillas, pitas, flat breads or lettuce leaves. Basically anything flat that can be rolled is a possible home for your chosen ingredients. The beauty of the tortilla wrap is the broad range of choices. Most brands market delicious flavors including wheat and multigrain, roasted red pepper, spinach, sun-dried tomato, chipotle and jalapeño - just to name a few.

Your wrap can be filled with everything from a traditional meat, cheese, lettuce and tomato medley to the wildest combination you can imagine. Just to get your imagination going here are a few combinations you might want to try:

- Breakfast Wrap: scrambled eggs (with or without melted cheese), sautéed onion and peppers, and sausage, bacon or ham on a chipotle or jalapeño tortilla add a little cream cheese spread or yogurt if desired.
- Caprese Wrap: fresh mozzarella, heirloom tomatoes, fresh basil drizzled with balsamic vinaigrette on a pesto tortilla.
- Turkey, avocado, thinly sliced tomato, scallions and your choice of lettuce. If you want an added bit of flavor try a few sprigs of cilantro or slices of jalapeño. Dress with mayo, salsa, or ranch dressing. Multigrain or sun-dried tomato tortillas would work well for this combination.
- Saz's Barbecued Pork or Chicken with sharp cheddar on wheat pita or tortilla.
- Egg salad and mango chutney on a spinach tortilla.
- Tuna salad, almonds, chopped "bread and butter pickle" wrapped in butter lettuce leaves.
- Turkey, Gouda cheese and spinach leaves on a wheat or sun-dried tomato tortilla with caesar or ranch dressing.
- Dessert Wrap: raspberries, strawberries and blueberries, ricotta (sweetened with a hit of sugar), and shaved chocolate or chocolate chips.

Tap into your creative juices and have fun making festive wraps in a myriad of shapes and flavors.

