



## Wrap Up a Healthy Spring

Article written by Ann Fenton ([ann.fenton@unl.edu](mailto:ann.fenton@unl.edu)), Extension Educator in Pierce County.

Whole grains are important sources of many nutrients, including fiber, B vitamins (thiamin, riboflavin, niacin and folate) and minerals (iron, magnesium and selenium). Products made from whole grains contain the entire edible part of the grain, including the outer layer called the bran. The bran contains large amounts of B vitamins, fiber and other trace minerals. Some common whole grains include oatmeal, brown rice, whole wheat flour, and popcorn.

### Cool as a Cucumber Whole Grain Wrap

This wrapped sandwich is easy way to include whole grains, vegetables and lean protein into portable lunch.

- 4 whole-wheat or whole-grain tortillas (8")
- ¼ cup low-fat ranch dressing, pesto or hummus
- 2 cups lettuce or leafy greens, washed and patted dry
- ½ pound sliced low-sodium turkey breast
- 1 small cucumber, washed and thinly sliced
- 1 red bell pepper or tomato, washed a thinly sliced

1. Wash hands with soap and water. Spread ranch dressing, pesto or hummus onto flour tortilla, staying one inch from edge.
2. Layer with turkey and vegetables. Roll tortilla tightly.
3. With a sharp knife, slice in half and serve. Makes 8 servings. Each serving contains 120 calories, 15 g carbohydrate, 3 g fat, 3 g fiber and 428 mg sodium.

Be creative! Try different vegetables in your wrap like shredded carrots, zucchini, chopped broccoli or sugar snap peas. Add fruits like strawberries, mango or peaches.



### Whole Grain Wraps

A whole grain tortilla can make a variety of wraps that are quick and healthy meals or snacks such as:

#### Crunchy Vegetable\* –

Combine ½ tsp. dry ranch seasoning with 4 Tbsp. cream cheese. Spread on 2 whole grain tortillas and top with chopped veggies – zucchini, broccoli, carrots, etc. Roll and serve.

#### Peanut Butter and Apple\* –

Spread peanut butter over a whole grain tortilla. Sprinkle with granola and thinly sliced apple pieces. Roll and serve.

#### Home Run Hummus\* –

Spread hummus on a whole grain tortilla. Top with sliced red bell pepper, grated carrots and baby spinach leaves. Roll and serve.

\*Source of wrap recipes: [USDA's MyPlate Kitchen](https://www.usda.gov/myplatekitchen)

Check out more Food Fun for Young Children Newsletters:

<https://go.unl.edu/chi>

#### Sources:

1. Grains Group, USDA's MyPlate: <https://www.myplate.gov/eat-healthy/grains>
2. Kids in the Kitchen Curriculum, University of Missouri: <https://extension2.missouri.edu/n800>