

Smart Snack Tortilla Hack



Makes

4 wraps

Prep time

5 minutes

Cook time

10 minutes

Good source of

Protein

Calcium

For Breakfast Wrap:

- 2 large eggs
- 4 pcs. bacon
- 4 whole wheat tortillas
- ½ shredded part-skim mozzarella cheese
- 1 cup fresh spinach

For Dessert Wrap:

- 4 whole wheat tortillas
- 1 large banana, sliced
- ½ cup sliced strawberries
- ½ cup chocolate chips, melted

For Sushi Wrap:

- 4 sheets nori (dried laver)
- ½ cup cooked brown rice
- ½ avocado, sliced
- ½ cup tuna poke
- Cucumber sticks, sliced thinly
- Furikake

Nutrition Facts

4 servings per container	
Serving size	1 wrap (94g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 270mg	12%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 1mcg	6%
Calcium 202mg	15%
Iron 1mg	6%
Potassium 94mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Directions:

1. Spray a small amount of cooking spray in a small pan over medium heat. Scramble eggs. Remove from heat and set aside.
2. In the same pan, cook bacon, flipping often until brown and crispy on each side. Remove from heat and set aside.
3. Lay one tortilla on a cutting board. Using your knife, make a cut from the center of the tortilla down to the bottom edge.
4. Starting from the bottom right corner of the tortilla, place about 1/8 cup of shredded cheese in one quarter of the tortilla. Place about ¼ cup spinach in another quarter, about ¼ cup of scrambled egg in another quarter, and then one piece of bacon in the bottom left quarter.
5. Fold the wrap up, starting from the bottom left quarter where the bacon is, folding it up over the top left where the eggs are, then folding it across to the top right where the spinach is, then folding it down to the bottom right on top of the cheese.
6. Spray a small amount of cooking spray in another pan over medium heat. Grill your wrap for about 1 minute on each side, or until tortilla is brown.
7. Repeat with remaining ingredients. Serve hot. Refrigerate any leftovers.

For additional wraps: Follow steps 3 to 7 above, substituting the Breakfast Wrap ingredients for the Dessert Wrap or Sushi Wrap ingredients, or any other ingredients of your choice.

