Wrap It Up!

MEDITERRANEAN WRAPS

Feta Filling, recipe follows
6 flour tortillas (10 inch/25 cm)
12 lettuce leaves
1 cup (250 mL) thinly sliced red bell pepper
1 cup (250 mL) thinly sliced tomato
1/2 cup (125 mL) thinly sliced red onion
1 cup (250 mL) thinly sliced English cucumber

Spread Feta Filling evenly over one side of each tortilla, leaving a 2 inch (5 cm) border. Top each with lettuce, cucumber, red pepper, tomato and onion, dividing equally. Roll up tortillas to enclose filling. Serve immediately or wrap individually and refrigerate for up to 4 hours. Serves 6.

Feta Filling

1 cup (250 mL) crumbled feta cheese
1/2 cup (125 mL) plain yogurt
1/4 cup (50 mL) chopped pickled pepperoncini peppers
1/4 cup (50 mL) chopped pitted kalamata olives
2 tbsp (25 mL) chopped fresh parsley
1 tsp (5 mL) fresh lemon juice
1 tsp (5 mL) paprika
1/4 tsp (1 mL) oregano, crumbled
1/8 tsp (0.5 mL) freshly ground pepper

Place all ingredients in a food processor. Process just until combined; do not overprocess. May be refrigerated for up to 24 hours. Makes about 1 1/4 cups (300 mL).

PORK LETTUCE WRAPS WITH PEACH SALSA

1/2 cup (125 mL) cubed peeled peaches
1/4 cup (50 mL) sliced green onion
2 tbsp (25 mL) fresh lime juice
1 tbsp (15 mL) soy sauce
1/2 tsp (2 mL) sesame oil
1/2 cup (250 mL) diced peeled peaches
1/4 cup (50 mL) diced red bell pepper
1/4 cup (50 mL) diced seeded English cucumber
1/4 cup (50 mL) thinly sliced green onion
1 tbsp (15 mL) fresh lime juice
1/2 tsp (2 mL) salt
1 lb (0.5 kg) pork tenderloin, cut into thin strips
1 tbsp (15 mL) canola oil
Butter lettuce leaves
Peach Salsa, recipe follows

To prepare sauce, place peaches, green onion, lime juice, soy sauce, sesame oil and salt in a mini food processor; process until smooth. Pour sauce into a heavy zip-lock plastic bag. Add pork and squeeze bag to coat pork with sauce; seal bag and let stand for 30 minutes. Heat canola oil in a large non-stick frypan over medium heat. Add pork and sauce. Cook, stirring, until pork is completely cooked and sauce is reduced, thickened and heated through, about 6 minutes. To serve, place about 1/4 cup (50 mL) pork mixture in centre of individual lettuce leaves. Top with Peach Salsa. Wrap leaves around filling to enclose. Serves 4.

Peach Salsa

1 cup (250 mL) diced peeled peaches
1/4 cup (50 mL) diced red bell pepper
1/4 cup (50 mL) diced seeded English cucumber
1/4 cup (50 mL) thinly sliced green onion
1 tbsp (15 mL) fresh lime juice
1 tbsp (15 mL) packed golden brown sugar
2 tsp (10 mL) finely chopped seeded serrano chiles
1/2 tsp (2 mL) sesame oil
1/2 tsp (2 mL) soy sauce

Combine all ingredients in a bowl. May be refrigerated for up to 2 hours. Makes 1 1/2 cups (375 mL).

Cook’s Note: Hot peppers cause severe skin and eye irritation. Wear disposable gloves when handling hot peppers and avoid touching any exposed skin.

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**SOUTHWESTERN BREAKFAST WRAPS**

4 eggs  
1/2 tsp (2 mL) hot pepper sauce  
1/4 tsp (1 mL) salt  
1/8 tsp (0.5 mL) freshly ground pepper  
2 tbsp (25 mL) milk  
4 whole wheat flour tortillas (9 inch/23 cm)  
1 tbsp (15 mL) butter  
1/2 cup (125 mL) canned black beans, rinsed and drained  
1 cup (250 mL) shredded Monterey Jack cheese  
1/4 cup (50 mL) thinly sliced green onion  
1/4 cup (50 mL) salsa  
1/4 cup (50 mL) sour cream, optional

Preheat oven to 350°F (180°C). Whisk together eggs, hot pepper sauce, salt and pepper. Whisk in milk until blended; set aside. Wrap tortillas in foil. Bake wrapped tortillas for 10 minutes. Meanwhile, melt butter in a large nonstick frypan over medium heat. Add egg mixture and cook, uncovered, lifting edges of eggs occasionally with a spatula, allowing uncooked egg to run underneath, until eggs are almost cooked. Stir in beans and continue cooking, uncovered, until eggs are cooked through. Do not overcook. Remove from heat and stir in cheese. Remove wrapped tortillas from oven; unwrap tortillas. Spoon egg mixture on centre of tortillas, dividing equally. Top each with green onion, salsa and sour cream, dividing equally. Roll up tortillas to enclose filling. Serve immediately. Serves 4.

**MANGO AND SHRIMP WRAPS**

1/4 cup (50 mL) sour cream  
1/4 tsp (1 mL) freshly ground pepper  
1/4 cup (50 mL) mayonnaise  
1 3/4 cups (425 mL) frozen cooked baby shrimp, thawed, rinsed and patted dry  
2 tbsp (25 mL) slivered fresh basil or 1/2 tsp (2 mL) dried basil, crumbled  
2 tbsp (25 mL) chopped green onion  
1 tsp (15 mL) fresh lemon juice  
1/4 tsp (1 mL) salt  

Combine first 7 ingredients (sour cream through pepper). Stir in shrimp and mango. Spoon shrimp mixture down the centre of tortillas. Top each with 1/2 cup (125 mL) spinach. Fold top and bottom edges of each tortilla 1 inch (2.5 cm) over shrimp mixture. Fold sides of tortillas to centres, overlapping edges. Serve immediately or wrap individually and refrigerate for up to 2 hours. Serves 4 - 6.

**VEGETABLE PANINI WRAPS**

If desired, serve these wraps with our Spicy Caper and Lemon Dip.

4 oz (125 g) cream cheese, softened  
1/4 cup (50 mL) chopped pitted kalamata olives  
3 cups (750 mL) diagonally sliced zucchini (1/4 inch/6 mm)  
1 tbsp (15 mL) olive oil  
1/4 tsp (1 mL) freshly ground pepper  
1/8 tsp (0.5 mL) salt  
4 flour tortillas (10 inch/25 cm)  
1/2 cup (125 mL) sliced drained canned roasted red peppers  
4 slices deli provolone cheese  
Olive oil

Preheat panini maker. Combine cream cheese and olives until blended; set aside. Combine zucchini, 1 tbsp (15 mL) oil, pepper and salt in a bowl; toss until zucchini is coated. Grill zucchini in batches in panini maker according to manufacturer’s instructions until grill marked and softened. Spread cream cheese mixture evenly down centres of tortillas. Layer the bottom third of each with zucchini, roasted peppers and cheese, dividing equally. Fold bottom edges of tortillas 1 inch (2.5 cm) over cheese. Fold sides of tortillas to centres, overlapping edges. Roll up to enclose filling. Brush wraps lightly with additional oil. Grill wraps in batches in panini maker according to manufacturer’s instructions until grill marked and cheese is melted. Serves 4.

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