

seven ways to use whole grain tortillas



1 roll up your sandwich

Spread mayonnaise or mustard on a tortilla. Add thin slices of ham, turkey or roast beef. Top with shredded lettuce or carrots, chopped tomatoes or shredded cheese. Roll up and eat!

2 make a chicken quesadilla

- Sprinkle cooked diced chicken and shredded cheese on a tortilla.
 - Top with another tortilla.
 - Place the quesadilla in a skillet and cook for 2 minutes.
 - Gently flip the quesadilla. Cook for 3 more minutes until lightly brown and cheese is melted.
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try something different...

- Try cooked ground beef, turkey or ham instead of chicken.
 - Add finely chopped spinach or tomatoes.
 - Cook diced onions and red or green pepper. Add to your quesadilla.
 - Add refried beans or spanish rice to your quesadilla.
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3 snack on Pinwheel Sandwiches

Layer a 7 inch tortilla with $\frac{1}{4}$ cup hummus, $\frac{1}{4}$ cup shredded carrots, and 1 tablespoon shredded cheddar cheese. Roll up tightly and slice into 1 inch rounds.



4 create a taco buffet

Serve a platter of your family's favorite fillings for tacos:

- cooked hamburger, chicken or steak strips
 - refried beans
 - chopped lettuce and tomatoes
 - shredded cheddar cheese
 - salsa
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5 make a wrap

- Spread peanut butter on a whole wheat tortilla. Top with chopped banana, apple or strawberries.
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ed chicken
nnaise. Top a
n salad and
Roll up and eat.

6 lean enchiladas

ound lean ground beef
e cup chopped onion
ve finely chopped garlic
(16 ounces) black beans
or pinto beans
1 cup salsa
6 soft corn tortillas
shredded cheddar cheese
(10 ounces) enchilada sauce

Cook ground beef, onion
and garlic in a skillet until
the meat is no longer pink,
about 4 minutes.
Drain off any extra fat.

ans. Add beans
to the cooked meat.
t for 5 minutes.
e beef and bean mixture
top with the remaining salsa
up each tortilla.
n-side down, in a baking dish.
ce over the tortillas.
ven for 15 minutes.

7 a fish taco

n aluminum foil that is sprayed
y. Season with salt, pepper,
e. Bake the fish in a 350°
to 15 minutes.

fish on corn tortillas.
or shredded lettuce.
Serve with salsa.



eat the whole grains half of your grain foods.

Whole wheat tortillas are delicious
for you and your family.

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