

IT'S A WRAP!

A wrap is a universal grab-and-go food. Many cultures use different forms of bundling chopped up foods or left-overs in a wrap. For examples Burritos (Mexican), Mu Shu Pork (Chinese), Summer Rolls (Vietnamese), Lumpia (Filipino), Gyros (Greek, pronounced "yeeros").

SPAM Lite is used here simply because it is a common item in many home pantry. It is still a high salt and high fat food in spite of its "Lite" label. One way to use it is to find ways to remove as much fat as possible. Also because it is salty, you can use it as a garnish in small quantity to add the flavor, while balancing it with vegetables that give sweetness to the dish.

A wrap has the same elements of a sandwich:

- Starch – the wrap made from wheat, corn, or rice, whole grain*
- Vegetables – bell pepper, Won Bok, onions etc.*
- Protein – meat (pork, beef, chicken), seafood (shrimp)*
- Flavoring and seasoning ingredients – green onions, chili peppers, cilantro etc.*
- A sauce or dressing*

SPAM & Veggies Wrap

Ingredients:

	SPAM & Veggie Wrap	Asian Style Wrap
1 Tbsp	Canola Oil	
1 Cup	SPAM Lite*, cut into strips *Substitute for SPAM: canned chicken	Aburage or tofu cutlet
1 Cup	Won Bok, cut into strips	
1 Cup	Carrot, cut into strips	
¼ Cup	Green Onions, finely diced	Cilantro, chopped
2 Tbsp	Low-Sodium Soy Sauce	Honey Miso Dressing: Add to the vegetables after they are in the wrap. Do not cook.
1 Tsp	Sesame Oil	
½ Tbsp	Cornstarch, mixed with 1 Tbsp Water	
8	6" (or 4") Snack sized whole-wheat Tortillas	

Preparation Method:

1. Sauté the SPAM Lite slices on the electric griddle at medium high heat until they turn slightly brown and caramelize. ***(This step will render out some of the fat.)***
2. Remove the SPAM slices from the griddle and blot the oil with a paper towel on both sides. ***(This step removes the oil from the SPAM.)***
3. Cut the SPAM into thin strips.
4. Place cabbage, carrot, and green onions onto the griddle and cook for 2 minutes.
5. Then, stir in the soy sauce and sesame oil.
6. Mix together cornstarch and water into a slurry and add to the mixture. Cook for about 2 minutes longer or until thickened.
7. Pour the mixture onto a plate to cool. This is the filling for the wraps. Turn off the griddle.
8. Place filling into the wrap.

Nutrition Facts	
Serving Size (87g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 580mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 7g	
Vitamin A 50%	Vitamin C 20%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Honey Miso Dressing

Dressing: Yield: 1 cup, for 4-6 servings

½ Tbsp	Ginger, grated
½ Tbsp	Garlic, minced
2 Tbsp	Rice vinegar
1 Tbsp	Honey
2 Tbsp	Miso paste
½ Tbsp	Sesame oil
¼ cup	Canola oil
1/8 cup	Water
½ each	Lemon
	Fresh lemon juice
To taste	Ground Pepper

- 1) Place all ingredients into a jam jar and shake to mix until smooth.
- 2) Season with pepper to taste.
- 3) If dressing is too thick, add water to thin.