

HEALTHY WRAPS UNDER 500 CALORIES



Creamy
Avocado
& White
Bean Wrap

Grilled
Chicken
Caesar
Salad Wrap

Turkey,
Corn &
Sun-Dried
Tomato
Wraps

Vietnamese
Tofu-Noodle
Lettuce
Wraps

Five-Spice
Turkey &
Lettuce
Wraps

Southwestern
Beef & Bean
Burgers

Poblano &
Skirt Steak
Fajitas

Buffalo
Chicken
Wrap

Healthy Wraps Under 500 Calories Recipes

CREAMY AVOCADO & WHITE BEAN WRAP

☐ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

White beans mashed with ripe avocado and blended with sharp Cheddar and onion makes an incredibly rich, flavorful filling for this wrap. The tangy, spicy slaw adds crunch. A pinch (or more) of ground chipotle pepper and an extra dash of cider vinegar can be used in place of the canned chipotles in adobo sauce. Serve with tortilla chips, salsa and Tecate beer.

- 2 tablespoons cider vinegar
- 1 tablespoon canola oil
- 2 teaspoons finely chopped canned chipotle chile in adobo sauce (see Tip)
- ¼ teaspoon salt
- 2 cups shredded red cabbage
- 1 medium carrot, shredded
- ¼ cup chopped fresh cilantro
- 1 15-ounce can white beans, rinsed
- 1 ripe avocado
- ½ cup shredded sharp Cheddar cheese
- 2 tablespoons minced red onion
- 4 8- to 10-inch whole-wheat wraps or tortillas

1. Whisk vinegar, oil, chipotle chile and salt in a medium bowl. Add cabbage, carrot and cilantro; toss to combine.
2. Mash beans and avocado in another medium bowl with a potato masher or fork. Stir in cheese and onion.
3. To assemble the wraps, spread about ½ cup of the bean-avocado mixture onto a wrap (or tortilla) and top with about ⅓ cup of the cabbage-carrot slaw. Roll up. Repeat with remaining ingredients. Cut the wraps in half to serve, if desired.

SERVES 4

Per serving: 346 calories; 17 g fat (4 g sat, 9 g mono); 15 mg cholesterol; 44 g carbohydrates; 0 g added sugars; 12 g protein; 13 g fiber; 462 mg sodium; 491 mg potassium.

Nutrition bonus: Vitamin A (60% daily value), Vitamin C (45% dv).



TIP

Chipotle chiles in adobo sauce are smoked jalapeños packed in a flavorful sauce. Look for the small cans with the Mexican foods in large supermarkets. Once opened, they'll keep at least 2 weeks in the refrigerator or 6 months in the freezer.

Healthy Wraps Under 500 Calories Recipes

GRILLED CHICKEN CAESAR SALAD WRAP

☒ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This chicken Caesar salad wrap recipe is elevated by the irresistible smoky flavor of grilled chicken and grilled romaine. Whisk together this easy Caesar salad dressing, toss with the grilled chicken and romaine and wrap it all together for a delicious lunch or dinner.

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons low-fat mayonnaise
- 1 clove garlic, minced
- ½ teaspoon freshly ground pepper
- 2 boneless, skinless chicken breasts (about 1 pound total), trimmed
- ⅛ teaspoon salt
- 2 small romaine hearts
- ⅓ cup finely shredded Parmesan cheese
- 4 8- to 9-inch spinach wraps, warmed

1. Preheat grill to medium-high.
2. Combine lemon juice, oil, mayonnaise, garlic and pepper in a large bowl.
3. Oil the grill rack (see *Tip*). Sprinkle chicken with salt. Cut romaine in half lengthwise, leaving root ends intact. Grill the chicken until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 6 minutes per side. Two minutes before the chicken is done, place the romaine on the rack and grill, turning once or twice, until lightly charred and beginning to wilt, 2 to 3 minutes total.
4. Cut the chicken into bite-size pieces. Cut the root ends off the romaine, then chop the leaves. Add the chicken, lettuce and Parmesan to the bowl with the dressing; toss until well combined. Fill each wrap with about 1½ cups of the salad and roll closed.

SERVES 4

Per serving: 429 calories; 16 g fat (4 g sat, 7 g mono); 69 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 33 g protein; 5 g fiber; 688 mg sodium; 408 mg potassium.
Nutrition bonus: Vitamin A (138% daily value), Folate (28% dv).



TIP

Oil the grill rack before you grill to keep food from sticking. Bring a little bowl of oil out to the preheated grill along with a folded paper towel and a pair of tongs. Oil the paper towel, hold it with the tongs and rub it over the rack. (Do not use cooking spray on a hot grill—it can cause a flare-up.)

Healthy Wraps Under 500 Calories Recipes

TURKEY, CORN & SUN-DRIED TOMATO WRAPS

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☐ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Fresh corn kernels, tomatoes and lettuce fill these hearty turkey wraps. This wrap is great for picnics or when you need to have dinner on the run. Add some crumbled feta or shredded Cheddar for another layer of flavor. Serve with carrot sticks, sliced bell pepper or other crunchy vegetables plus your favorite creamy dressing.

- 1 cup corn kernels, fresh (see *Tip*) or frozen (thawed)
- ½ cup chopped fresh tomato
- ¼ cup chopped soft sun-dried tomatoes (see *Shopping Tip*)
- 2 tablespoons canola oil
- 1 tablespoon red-wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 ounces)
- 4 8-inch whole-wheat tortillas
- 2 cups chopped romaine lettuce

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

SERVES 4

Per serving: 321 calories; 12 g fat (1 g sat, 5 g mono); 35 mg cholesterol; 35 g carbohydrate; 0 g added sugars; 19 g protein; 4 g fiber; 682 mg sodium; 325 mg potassium.

Nutrition bonus: Vitamin A (47% daily value).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, 2 fat



TIPS

- To remove corn kernels from the cob, stand an ear of corn on one end and slice the kernels off with a sharp knife. One ear will yield about ½ cup kernels.
- Look for soft sun-dried tomatoes (not oil-packed) in the produce section of most supermarkets. If you can only find dry (and hard) sun-dried tomatoes, soak them in boiling water for about 20 minutes before using.

Healthy Wraps Under 500 Calories Recipes

VIETNAMESE TOFU-NOODLE LETTUCE WRAPS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Here we toss rice noodles with crunchy vegetables, fresh herbs, tofu and a light, sweet, tart and salty Vietnamese dressing flavored with fish sauce and wrap the mixture in lettuce leaves. For a vegetarian version, use reduced-sodium soy sauce or tamari in place of the fish sauce. Pass the mixture, lettuce leaves and sauce separately so everyone can make their own wraps.

- 2 ounces thin rice noodles or rice sticks
(see *Tips*)
- ¼ cup water
- 5 teaspoons fish sauce (see *Tips*)
- 2 tablespoons lime juice
- 1 tablespoon sugar
- ½-1 teaspoon crushed red pepper
- 8 ounces firm or extra-firm seasoned tofu, thinly sliced
- 1 medium carrot, cut into matchsticks
- 1 cup snow peas, trimmed and very thinly sliced
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint
- 8 large leaves green-leaf lettuce

1. Bring a large saucepan of water to a boil. Add rice noodles (or rice sticks) and cook until just tender, about 3 minutes. Drain and rinse under cold water. Gently squeeze noodles to remove most of the water.

2. Meanwhile, combine ¼ cup water, fish sauce, lime juice, sugar and crushed red pepper to taste in a small bowl.

3. Coarsely chop the noodles and combine in a large bowl with tofu, carrot, snow peas, basil and mint. Pour the sauce over the salad and toss to combine. To serve, spoon about ½ cup salad onto each lettuce leaf and roll up.

SERVES 4: 2 WRAPS EACH.



Per serving: 197 calories; 6 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 23 g carbohydrate; 14 g protein; 2 g fiber; 747 mg sodium; 147 mg potassium.

Nutrition bonus: Vitamin A (70% daily value), Vitamin C (20% dv), Calcium & Iron (15% dv).

Carbohydrate servings: 1½

Exchanges: 1½ starch, 1 vegetable, 1 medium-fat meat

TIPS

- Dried thin rice noodles (or rice sticks) are also called “bun” or “vermicelli-style” rice noodles. Look for them in the Asian section of well-stocked super markets or an Asian-foods market.
- Fish sauce is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian section of large supermarkets and in Asian specialty markets.

Healthy Wraps Under 500 Calories Recipes

FIVE-SPICE TURKEY & LETTUCE WRAPS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 30 MIN **TOTAL:** 30 MIN

TO MAKE AHEAD: Prepare the filling (through Step 2), cover and refrigerate for up to 1 day. Serve cold or reheat in the microwave.

Based on a popular Chinese dish, these fun wraps also make appealing appetizers for entertaining. Serve with chile-garlic sauce and rice vinegar for extra zip; toss diced mango and strawberries with lime juice for a quick dessert.

- 1/2 cup water
- 1/2 cup instant brown rice
- 2 teaspoons sesame oil
- 1 pound 93%-lean ground turkey
- 1 tablespoon minced fresh ginger
- 1 large red bell pepper, finely diced
- 1 8-ounce can water chestnuts, rinsed and chopped
- 1/2 cup reduced-sodium chicken broth
- 2 tablespoons hoisin sauce (*see Tips*)
- 1 teaspoon five-spice powder (*see Tips*)
- 1/2 teaspoon salt
- 2 heads Boston lettuce, leaves separated
- 1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
- 1 large carrot, shredded

- 1.** Bring water to a boil in a small saucepan. Add rice; reduce heat to low, cover and cook for 5 minutes. Remove from the heat.
- 2.** Meanwhile, heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
- 3.** To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

SERVES 4: 1 1/4 CUPS FILLING FOR ABOUT 6 WRAPS EACH



Per serving: 286 calories; 11 g fat (2 g sat, 1 g mono); 65 mg cholesterol; 24 g carbohydrate; 0 g added sugars; 26 g protein; 5 g fiber; 596 mg sodium; 414 mg potassium.

Nutrition bonus: Vitamin A (150% daily value), Vitamin C (140% dv), Iron (25% dv), Folate (20% dv).

Carbohydrate servings: 1 1/2

Exchanges: 1/2 starch, 2 vegetable, 3 lean meat

TIPS

- Hoisin sauce is a spicy, sweet sauce made from soybeans, chiles, garlic and spices. It will keep in the refrigerator for at least a year.
- Often a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns, five-spice powder was originally considered a cure-all miracle blend encompassing the five elements (sour, bitter, sweet, pungent, salty). Look for it in the supermarket spice section.

Healthy Wraps Under 500 Calories Recipes

SOUTHWESTERN BEEF & BEAN BURGER WRAPS

☐ Heart Health ☐ Diabetes
☐ Weight Loss ☐ Gluten Free

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Kids and adults alike will love these quick, zippy burgers. The beans make the burgers a little fragile, so be careful when taking them off the broiler pan. Serve with a green salad.

- 12 ounces 93%-lean ground beef
- 1 cup refried beans
- ½ cup chopped fresh cilantro
- 1 tablespoon chopped pickled jalapeños
- 1 avocado, peeled and pitted
- ½ cup prepared salsa
- ⅛ teaspoon garlic powder
- 4 whole-wheat tortillas, warmed (see Tip)
- 2 cups shredded romaine lettuce
- ½ cup shredded pepper Jack cheese
- 1 lime, cut into 4 wedges

1. Position oven rack in upper third of oven; preheat broiler. Coat a broiler pan with cooking spray.
2. Gently combine ground beef, beans, cilantro and jalapeños in a medium bowl (do not overmix). Shape into four 5-by-2-inch oblong patties and place on the prepared pan.
3. Broil the patties until an instant-read thermometer inserted into the center reads 165°F, 12 to 14 minutes.
4. Meanwhile, mash together avocado, salsa and garlic powder in a small bowl.
5. Place tortillas on a clean work surface. Spread each with the guacamole, then sprinkle with lettuce and cheese. Top each with a burger and roll into a wrap. Serve immediately, with lime wedges.

SERVES 4

Per serving: 455 calories; 20 g fat (6 g sat, 7 g mono); 62 mg cholesterol; 42 g carbohydrate; 0 g added sugars; 28 g protein; 9 g fiber; 716 mg sodium; 749 mg potassium.

Nutrition bonus: Vitamin A (52% daily value), Vitamin C (39% dv), Zinc (32% dv), Iron (25% dv), Folate (22% dv), Potassium (21% dv).

TIP

To warm tortillas: Wrap in foil; bake at 300°F until steaming, about 5 minutes. Or wrap in barely damp paper towels and microwave on High for 30 to 45 seconds.



Healthy Wraps Under 500 Calories Recipes

POBLANO & SKIRT STEAK FAJITAS

✓ Heart Health ✓ Diabetes
✓ Weight Loss ✓ Gluten Free

ACTIVE: 1 HR **TOTAL:** 1 HR

This variation on fajitas pairs fresh poblanos with steak and scallions. Skirt steak has fabulous flavor but tends to be chewy, so slice it thinly across the grain.

- 2 ripe avocados, pitted
- ½ cup chopped fresh cilantro
- 3 tablespoons lime juice, divided, plus lime wedges for garnish
- 1½ teaspoons kosher salt, divided
- ½ teaspoon freshly ground pepper, divided
- 2 bunches scallions, trimmed
- 3 poblano peppers (see *Tips*)
- 3 teaspoons extra-virgin olive oil, divided
- 1 teaspoon ground ancho chile (see *Tips*)
- ½ teaspoon ground cumin
- 1-1¼ pounds skirt steak, trimmed
- Hot sauce for serving
- 12 6-inch corn tortillas, warmed (see *Tip*, page 7)

1. Preheat grill to high.
2. Mash avocados in a medium bowl with a fork. Stir in cilantro, 2 tablespoons lime juice, ¾ teaspoon salt and ¼ teaspoon pepper.
3. Brush scallions and poblanos with 2 teaspoons oil. Combine ancho chile, cumin, ½ teaspoon salt and the remaining ¼ teaspoon pepper in a small bowl. Rub both sides of steak with the remaining 1 teaspoon oil and the spice mixture.
4. Oil the grill rack (see *Tip*, page 3). Grill the poblanos, turning often, until softened and charred, 8 to 12 minutes. Transfer to a medium bowl and cover with a plate or plastic wrap to trap the heat. Grill the scallions, turning frequently, until softened and lightly charred, 2 to 4 minutes. Grill the steak 2 to 3 minutes per side for medium-rare. Transfer the steak to a cutting board, tent with foil and let rest.
5. Meanwhile, slice the scallions into 1-inch pieces and transfer to a serving dish. Peel as much skin as possible from the peppers, discard the stems and seeds, and slice into



½-inch-wide strips; transfer to the serving dish. Add the remaining 1 tablespoon lime juice and ¼ teaspoon salt to the vegetables and toss to combine. Slice the steak very thinly, then chop into small pieces. Serve the steak and vegetables with the guacamole, lime wedges, hot sauce and tortillas.

SERVES 6: 2 TORTILLAS, 2 OZ. STEAK, ¼ CUP VEGETABLES & 3 TBSP. GUACAMOLE EACH

Per serving: 395 calories; 20 g fat (5 g sat, 12 g mono); 39 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 23 g protein; 9 g

fiber; 366 mg sodium; 818 mg potassium.

Nutrition bonus: Vitamin C (120% daily value), Zinc (40% dv), Potassium (24% dv), Folate (23% dv), Iron (20% dv).

Carbohydrate servings: 2

Exchanges: 2 starch, 1 vegetable, 2½ lean meat, 2 fat

TIPS

Poblano peppers can be fiery or relatively mild; there's no way to tell until you taste them. Ancho chile peppers, one of the most popular dried chiles used in Mexico, are dried poblano peppers. They have a mild, sweet, spicy flavor. Ground ancho chile pepper can be found in the specialty-spice section of large supermarkets, or substitute ground chili powder plus a pinch of cayenne.

Healthy Wraps Under 500 Calories Recipes

BUFFALO CHICKEN WRAP

☒ Heart Health ☒ Diabetes

☒ Weight Loss ☐ Gluten Free

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Moms and Dads like wraps because they're neat and compact—so beware: ours is messy and spicy. This fiery combination of buffalo chicken in a modern wrap is guaranteed to drip. Get out the big napkins and have a ball!

- 2 tablespoons hot pepper sauce, such as Frank's RedHot
- 3 tablespoons white vinegar, divided
- ¼ teaspoon cayenne pepper
- 2 teaspoons extra-virgin olive oil
- 1 pound chicken tenders
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- Freshly ground pepper to taste
- ¼ cup crumbled blue cheese
- 4 8-inch whole-wheat tortillas
- 1 cup shredded romaine lettuce
- 1 cup sliced celery
- 1 large tomato, diced

1. Whisk hot pepper sauce, 2 tablespoons vinegar and cayenne pepper in a medium bowl.
2. Heat oil in a large nonstick skillet over medium-high heat. Add chicken tenders; cook until cooked through and no longer pink in the middle, 3 to 4 minutes per side. Add to the bowl with the hot sauce; toss to coat well.
3. Whisk mayonnaise, yogurt, pepper and the remaining 1 tablespoon vinegar in a small bowl. Stir in blue cheese.
4. To assemble wraps: Lay a tortilla on a work surface or plate. Spread with 1 tablespoon blue cheese sauce and top with one-fourth of the chicken, lettuce, celery and tomato. Drizzle with some of the hot sauce remaining in the bowl and roll into a wrap sandwich. Repeat with the remaining tortillas.

SERVES 4



Per serving: 303 calories; 8 g fat (2 g sat, 2 g mono); 71 mg cholesterol; 28 g carbohydrate; 1 g added sugars; 30 g protein; 3 g fiber; 729 mg sodium; 282 mg potassium.

Nutrition bonus: Vitamin A (37% daily value), Vitamin C (16% dv).

Carbohydrate servings: 2

Exchanges: 1½ starch, 1 vegetable, 3 lean meat, ½ fat

About EatingWell

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- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating your way of life!

ABOUT EATINGWELL HEALTH TAGS

A recipe checked...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** does not contain wheat, rye, barley or oats. (Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)

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