

# meals in minutes Wrap & Roll



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## Video Worksheet

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1. Use a food-safe \_\_\_\_\_ cutting board that can go in a dishwasher and cleans easily.
2. You don't want to run the risk of cross \_\_\_\_\_.
3. Always wash your hands! Use \_\_\_\_\_ water for 20 seconds between any operation in the kitchen.
4. List three food "wrappers" that are used in the video:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. List three fillings that are favorites inside the wrappers:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. List your favorite garnishes:

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## Answer Key

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1. Use a food-safe plastic cutting board that can go in a dishwasher and cleans easily.
2. You don't want to run the risk of cross contamination.
3. Always wash your hands! Use hot water for 20 seconds between any operation in the kitchen.
4. List three food "wrappers" that are used in the video:  
Tortillas, pie dough, bread dough, lettuce, and  
phyllo/fillo dough. Not in video: Wonton squares,  
bread, and bread dough
5. List three fillings that are favorites inside the wrappers:  
Tuna salad, egg salad, rice & cheese, ground meat w/taco seasoning,  
humus & veggies, Caesar salad, scrambled eggs w/cheese & bacon,  
Chinese food, peanut butter and jelly, Nutella & bananas, cream  
cheese & veggies, cream cheese & jam, or low-fat option (veggies)
6. List your favorite garnishes:  
"Fanning" a strawberry or star fruit slices. Not in video: Grape bunches,  
parsley, or orange slices.

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# Recipes

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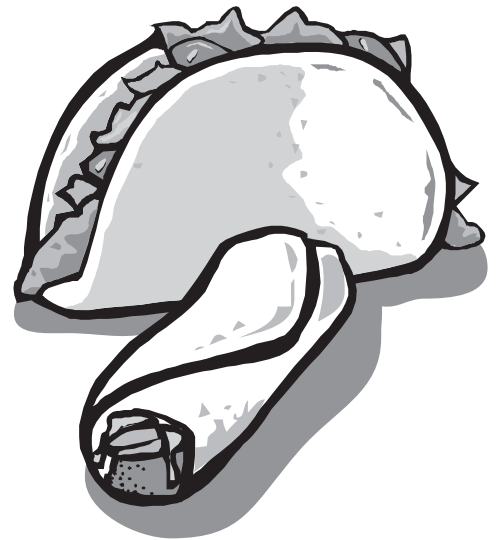
## Ranchero Chicken Lettuce Wrap

Serves 4

1 large chicken breast, grilled or roasted  
1/3 C. BBQ sauce  
Shredded cheese, Mexican mix or other

1 head Iceberg lettuce  
Romaine lettuce (to garnish, optional)

1. Heat BBQ sauce in small sauce pan, simmer.
2. Dice chicken breast.
3. Add diced chicken to BBQ sauce, stir and simmer.
4. Cut end off lettuce head, pull layers apart to use as cups.
5. Place lettuce leaves on plate.
6. Add some shredded cheese.
7. Add chicken to each lettuce cup.
8. Add a sprinkle of cheese.
9. Top with Romaine lettuce to garnish.
10. Eat taco style.



## Breakfast Burrito

1 tortilla  
2 eggs

1 t. butter  
"Mix-in's": cheese and salsa

1. Place tortilla in frying pan for 30 seconds on medium heat and remove.
2. Melt 1 teaspoon butter in frying pan, add two eggs and scramble.
3. Add "mix-in's" of cheese and salsa.
4. Place egg mixture on warmed tortilla and roll before serving.

# Turkey Quesadillas

2 tortilla shells  
2 slices cheese

2 slices turkey  
Condiments: salsa, sour cream

1. Place one tortilla shell in frying pan on medium heat.
2. Add one slice of cheese, turkey, second slice of cheese and second tortilla.
3. Turn and heat on second side.
3. Slice into wedges and serve with salsa and sour cream.

# Italian Calzone (Pocket Sandwich)

Serves 2 (one sandwich)

Six small meatballs  
1/2 C. mozzarella cheese  
1/2 C. pasta sauce, jar or can

1 pre-made piecrust dough, single layer  
1/4 t. dried oregano  
1 beaten egg

1. Heat meatballs in sauce.
2. Remove pie dough from pie plate and place upside down on work surface (save plate).
3. Put 1/2 cup cheese onto half of the pie crust, leaving space on the edge for crimping.
4. Add the six heated meatballs.
5. Lift pie dough up and over, press down, and cut around inner edge of pie dough.
6. Crimp edge with fork.
7. Place in the pie plate and brush beaten egg over top to create shiny effect.
8. Make three light slash marks to let out steam and bake at 350 degrees for 12-15 minutes until crust is brown.
9. Slide onto plate and cut in half to serve.

# Vegetable Tarts/Strudel

Filo dough  
1 large onion  
3/4 C. grated mixed cheese  
1 T. Canola oil  
Melted butter

4 peppers (green, yellow, red and orange)  
1/4 C. cream  
Herbs: 1 t. fresh stems or dried of;  
oregano, basil, rosemary

1. Add one tablespoon of oil to frying pan. Heat on medium heat.
2. Sauté peppers, onion and herbs on medium heat until tender crisp.
3. Add cheese and cream to vegetables.
4. Brush dough with butter. Tarts: cut dough into squares and place in buttered muffin cups. Strudel: leave dough as rectangle.
5. Fill cups or rectangle with vegetable mixture and bake for 15-18 minutes. Serve.