



NEWS RELEASE

Defense Commissary Agency

Office of Communication

1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 4-8524 DSN: 687-8000, Ext. 4-8524

FAX: (804) 734-8248 DSN: 687-8248

www.commissaries.com

Release Number: 55-10
Date: May 28, 2010
Contact: Kay Blakley, DeCA home economist
Tel.: (804) 734-8000, Ext. 8-6243
E-mail: kay.blakley@deca.mil

‘That’s a wrap!’

These recipes offer tasty alternatives to regular sandwiches

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – “That’s a wrap!” — a phrase usually reserved for movie directors — may become a common phrase in your kitchen once you see how quick and easy it is to make this dressed-up relative of the lowly sandwich. A veggie-based version, like the Caesar Salad Wrap, or the slightly more filling BLT Salad wrap, makes a delightful light lunch. But, dinner can also be a snap with heartier versions like the Buffalo Chicken Wrap, the Chicken Fajita Salad Wrap or the Flank Steak Souvlakis.

You’ll save money by purchasing the ingredients from your commissary; save time because most of these recipes require only minimal slicing, dicing and cooking; and save effort because they’re really an entire meal wrapped up in one easy bundle. That means fewer dishes to wash!

Look for these super recipes below and more in Kay’s Kitchen at <http://www.commissaries.com> to turn your next meal into a delicious feast.

Recipe #1

Buffalo Chicken Wrap (Serves 4)

These wraps are totally delicious, but a bit messy to eat. Be sure to serve with plenty of napkins.

2 tablespoons hot pepper sauce

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 non-fat yogurt
Freshly ground black 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 and 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; top with ¼ 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 remaining tortillas. Serve immediately.

Recipe #2
BLT Salad Wrap (Serves 4)

8 slices bacon, cooked crisp and drained on paper towels
6 tablespoons Thousand Island dressing or chipotle-flavored mayonnaise
4 (12-inch) spinach or sun-dried tomato sandwich wraps or flour tortillas
4 iceberg lettuce leaves, flattened
2 tomatoes, thinly sliced
1 ripe avocado, pitted, peeled and thinly sliced
8 slices smoked turkey, about 10 ounces
8 slices Muenster cheese, about 8 ounces

1. For each wrap, spread one side of wrap or tortilla with 1½ tablespoons dressing or mayonnaise.
2. In the center of each wrap, place 1 lettuce leaf, top with ¼ of the tomato slices and avocado slices. Top with 2 slices turkey, 2 strips bacon, and 2 slices cheese.
3. Roll up wraps, burrito-style. Cut in half on the diagonal, and serve.

Recipe #3
Caesar Salad Wraps (Serves 4)

16 small romaine lettuce leaves, torn into bite-size pieces
1 small red onion, chopped (about ¼ cup)
2 tablespoons shredded Parmesan or Romano cheese

- ¼ cup prepared Caesar salad dressing
- 4 (6- to 8-inch) tortillas, garden vegetable flavored or plain
- 4 hard-cooked eggs, sliced
- 2 Roma (plum) tomatoes, sliced

1. Place romaine, onion and shredded cheese in a medium bowl. Top with dressing and toss to coat well.
2. Spread romaine mixture evenly down center of each tortilla. Top with ¼ of the eggs and tomatoes.
3. Fold up one end of each tortilla, about 1-inch over filling; fold right and left sides over folded end, overlapping. Secure with a toothpick, if necessary. Serve immediately.

Note: Add 2 cups cooked, cubed chicken to the wraps, if desired

Recipe #4

Chicken Fajita Salad Wrap (Serves 8)

Chipotle-Lime Dressing

- 1 cup ranch dressing
- 1 tablespoon lime juice
- 1 tablespoon finely chopped chipotle chiles in adobo sauce

Wraps

- 3 cups chopped cold deli rotisserie chicken (from a 2- to 2½-pound whole chicken)
- 2 cups thinly sliced iceberg lettuce
- 1 cup frozen corn, cooked and cooled
- 1 small tomato, seeded and chopped
- 1 cup shredded Monterey Jack cheese
- 8 (8-inch) flour tortillas
- Prepared salsa and sour cream for serving, if desired

1. In a small bowl, mix dressing ingredients; set aside.
2. In a large bowl, combine chicken, lettuce, corn and tomato. Add dressing, and toss to coat evenly.
3. To assemble each wrap, spoon 1/8 of chicken mixture down center of each tortilla; sprinkle with cheese. Roll up. Serve immediately with salsa and sour cream.

Recipe #5

Flank Steak Souvlakis (Serves 4)

- 1½ tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1½ teaspoons crushed garlic
- 1 teaspoon dried oregano
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¾ pound flank steak
- ¾ cup fat-free Greek yogurt
- 1 small cucumber, seeded and grated

2 tablespoons chopped fresh mint leaves
1 small yellow bell pepper, cut into thin strips
1 small orange bell pepper, cut into thin strips
1 large onion, cut into thin strips
4 (10-inch) whole wheat sandwich wraps with rosemary, warmed according to package directions
8 romaine lettuce leaves

1. In a small cup, combine 1 tablespoon of the oil, vinegar, 1 teaspoon of the garlic, oregano, and ¼ teaspoon each of the salt and pepper. Brush mixture over flank steak and let set at room temperature for 10 minutes,
2. Meanwhile, heat a stovetop grill pan over medium heat.
3. In a small bowl, stir together yogurt, cucumber, mint and the remaining garlic, salt and pepper, until well blended.
4. Grill steaks 6 to 7 minutes per side or until internal temperature registers 140 degrees on an instant-read thermometer for medium-rare. Cook longer to preferred doneness, if desired. Transfer steak to cutting board and let rest.
5. While steak is grilling, heat remaining oil in a large nonstick skillet over medium-high heat. Add peppers and onion; sauté, stirring frequently, for 8 minutes or until crisp-tender.
6. Thinly slice steak across the grain. Top each wrap with 2 lettuce leaves, steak, peppers, onions and some yogurt sauce. Roll wraps around filling; wrap bottom end of souvlaki with parchment paper or foil to catch any drips of sauce, and serve.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,300 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*