



A tortilla wrap is sliced down one side, divided into quarters for ingredients, folded, and seared in a pan until crisp.

It is known as The Tortilla Challenge or #tortillatrend.

This went viral on TikTok in January 2021 and is a super fun way to get creative with ingredients!

Here are some healthy versions using wholegrain wraps!



METHOD:

1. **Slice:** Place a wholegrain wrap on a flat surface. Make a single slice through the wrap from the centre to the outer edge.
2. **Fill:** Picture the tortilla in quarters. Place ingredients in each quarter (see below for ideas).
3. **Fold:** Start with the quarter to the left of the cut and fold the tortilla into triangles all the way around.
4. **Heat:** Lightly brush a skillet, pan or panini press with some oil and sear the tortilla on both sides until golden brown and crisp. If using a pan or griddle, you can press down firmly with flat spatula or even place a heavy skillet on top to compress the tortilla as it cooks.



- **1st Quarter** – Sauce / Something Creamy (so it is easy to fold over onto quarter 2)
- **2nd Quarter** – Fresh ingredients or anything that does not need to get as hot.
- **3rd Quarter** – Protein or anything that should be warm.
- **4th Quarter** – Anything that will melt (this will be the “glue” that holds the wrap together)

TORTILLA WRAP IDEAS

BREAKFAST SANDWICH TORTILLA WRAP

Quarter 1 – Mashed Avocado
Quarter 2 – Unsmoked bacon medallion
Quarter 3 – Scrambled Eggs
Quarter 4 – Cheddar Cheese

PIZZA QUESADILLA

Quarter 1 – Tomato Puree
Quarter 2 – Grated Cheddar or hard cheese
Quarter 3 – Toppings (sliced mushrooms, sliced olives, sliced peppers, chorizo, etc.)
Quarter 4 – Grated Cheddar or hard cheese

ITALIAN STYLE WRAP

Quarter 1 – Basil Pesto
Quarter 2 – Spinach
Quarter 3 – Sliced salami, turkey, or chicken breast
Quarter 4 – Sliced Mozzarella