

Tortilla Wrap: Cold or Warm



TIPS:

1. Slather, pile, roll and either have a tortilla wrap as is or warmed in the microwave oven using your choice or a combination of what you see here.
2. This recipe, complete with an embedded short step-by-step video, is included in **Dorm Room Food: Snacks, Sandwiches & Tortillas** available at the iTunes store (just type either “bruce tretter” or “dorm room food” in the book search box).

Preparation Time: 1-2 minutes

Optional Cooking Time: about 45 seconds

Needed
(for 1 wrap)

1 Tortilla

Favorite Sliced or Grated Cheese

Favorite Cold Cuts

Topping (use your choice or combination of mustard, mayonnaise or favorite sandwich spread, hot sauce, relish, salsa and/or even plain yogurt or sour cream)

Microwave Oven Safe Plate

Tablespoon

Table Knife

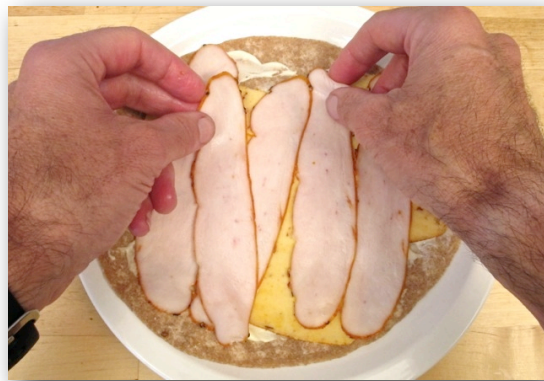


1. Spread an even layer of **mayonnaise** (or your **favorite sandwich spread**) over the entire **tortilla**, and put the **tortilla** on a *microwave oven safe plate* (if

you're planning to warm the **tortilla wrap** in the microwave oven).



2. Top with your choice or a combination of **cheese, cold cuts,**...



...mustard, relish,...



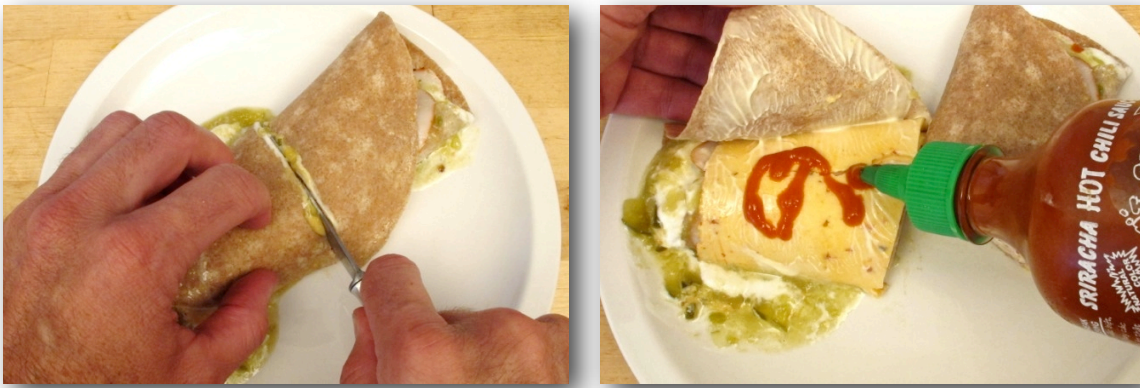
...salsa, and/or **plain yogurt** or **sour cream**.



3. Roll up the **tortilla**,...



...cut it in half, add an **optional shot of hot sauce**, and...



...either have the **tortilla wrap** as is cold or...



...put the **tortilla wrap** in the middle of the microwave oven and cook using HIGH heat or 100% power for 45 seconds. **NOTE:** *Cooking time will vary depending on microwave watt output power. The **tortilla wrap** shown here was cooked in a 1200-watt microwave oven for 45 seconds. If your microwave oven puts out less watt power, cooking time will take a little longer. If your microwave oven*

puts out more watt power, cooking time will be shorter.



After cooking, carefully remove the **cooked tortilla wrap** from the microwave oven. The **tortilla wrap** is done when the **cheese** has melted.



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