

Maple Mountain Melt Wrap

Black Ice
Cornell Cooperative Extension 4-H/Stafford Middle School,
Plattsburg City Schools



2013

Ingredients:

| | |
|---------|--|
| 2 Tbsp | Olive Oil |
| ½ | Onion, Chopped* |
| 4 | Garlic Cloves, Minced* |
| ½ cup | Tomatoes, Diced, Canned, No Salt Added** |
| 1 cup | Corn, Frozen** |
| ½ | Green Pepper, Chopped |
| ½ | Red Pepper, Chopped |
| 1/8 cup | Apple Cider Vinegar |
| 1 | Apple, Peeled & Chopped* |
| 2 Tbsp | Maple Syrup* |
| 4 oz | Cheddar Cheese, Light, Shredded* |
| 1 cup | Spinach, Fresh* |
| 1 tsp | Cumin |
| 1 tsp | Chili Powder |
| 4 | Whole Wheat Tortillas/Wraps** |

Directions:

1. In a medium pan, heat 1 tablespoon of your oil on medium heat.
2. Add your onions, tomatoes, and garlic and stir for a few minutes, until veggies are softer.
3. Add in your red and green peppers, corn, and your apple. Cook another minute.
4. Add in your apple cider vinegar, maple syrup, and spices.
5. Turn your heat to high and cook your vegetables for ten minutes, stirring frequently.
6. In another pan (or you can set your vegetable mix to the side if you do not have a lot of space), add ½ teaspoon of olive oil and coat the pan evenly. Turn to low-medium heat.
7. Put one wrap in your pan. Add a thin layer of shredded cheese in the center, in a strip.
8. Heat until wrap is warm and cheese is melting.
9. Remove your wrap from the pan and transfer to a plate. Add your vegetables. Top with spinach (1/4 cup loose).
10. Close your wrap. Cut in half for easier eating.

*Local Product

**Commodity (USDA) Product