



Breakfast Wraps with Turkey Ham

Try these breakfast wraps made with turkey ham to start your day.

Photo by Stephanie Gang To lighten up this wrap recipe, use cooking spray instead of butter, egg whites instead of whole eggs, low-carbohydrate wraps and reduced-fat cheese.

Ingredients 3 T. butter, divided into two portions 1/4 cup red or yellow bell pepper, seeded and diced to a scant 1/2-inch square 1/4 cup onion or green onions, diced small 1 1/4 cup turkey ham, diced into 3/4-inch squares 3 eggs 2 T. milk 4 8-inch flour tortillas or wraps (such as spinach, multigrain, etc.) 2/3 cup shredded cheese of your choice (Swiss, cheddar, pepper jack, etc.) 2 T. chopped fresh cilantro 1 medium tomato, finely diced Salt and pepper to taste

Preparation

Bring tortillas or wraps to room temperature or slightly warmer than room temperature so they're flexible.

In a medium saucepan, melt one portion of the butter over medium-high heat. Add diced pepper and onion, and sauté until vegetables are beginning to soften.

Add diced turkey ham and continue sautéing until ham is heated through and just starting to brown and vegetables are tender. Season with salt and pepper to taste. Remove from heat. If necessary, drain and discard any liquid that collected during cooking. Set vegetable-ham mixture aside.

Using a whisk or fork, beat eggs and milk together in small bowl until well-blended and airy. In a small saucepan over medium or medium-high heat, melt second portion of butter. Tilt pan to coat surface evenly.

Before adding the eggs, the butter should be melted, but not browned, and pan should be hot, but not smoking.

Pour in egg-milk mixture and let it cook without stirring until the edges are well-set and the top is starting to firm.

Make three to four firm slashes through and around the eggs with a spoon or spatula to turn and scramble the eggs into large chunks; avoid over-stirring as you do not want many small pieces of egg. Once no raw egg is visible (a matter of seconds), remove pan immediately from heat.

Using one portion of ingredients for each wrap or tortilla, assemble in the following order. Sprinkle shredded cheese and cilantro evenly across tortilla or wrap, stopping 1/2 inches from the sides. Then, horizontally across the tortilla or wrap's center, place a line of scrambled egg chunks, stopping where the cheese stops. Mound vegetable-turkey ham mixture in a line atop eggs. Finish with a line of diced tomato.

To wrap or roll, fold sides in at the point where ingredients stop. Use your third, fourth and fifth fingers on each hand to keep the folded-over sides in place. Use your thumbs and forefingers to bring the bottom portion of the tortilla or wrap up and over the line of ingredients. Still keeping the sides in place, tuck this edge gently under the line of ingredients. Next, for a rectangular wrap, fold the whole thing forward once. For a burrito-style roll, roll it forward to take up the rest of the wrap or tortilla.

Wrap each in foil or place each on a plate seam side down. Serve with salsa, pico de gallo, guacamole and/or sour cream as accompaniments. Makes 4 wraps.

Wrap-making Tips

Making wraps that hold together while they're being eaten is a matter of using ingredients cut into small, uniform pieces, layering elements in the right order and tucking the sides in firmly before rolling or folding the whole thing.

In addition, wraps that involve eggs hold together better when the eggs are not over-handled and over-cooked into many small crumbles, but rather are scrambled gently into large, tender pieces.

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