



CHEAT SHEET

Grain-Free Wrap, Bread or Roll Substitutes (Low-Carb)

When Americans think lunch, they often think “sandwich”. Here at Clean Food Central we try to inspire you to think beyond two pieces of flabby bread, cold cuts and cheese. As bread is high in starch with a high glycemic load and pretty low nutrient density, we encourage you to swap out your toast and wraps for something a little more creative with a lot more nutritional bang for your buck. See below for ideas that will spice up your mid-day (or anytime!) meal!

VEG AND FRUIT CHOICES

Green Leafy Wraps (raw or steamed)

Use a large leaf of any tender green as a wrap for sandwich fillings. Most large-leaf lettuces work great for this, as do young collard or kale leaves. Little endive leaves make terrific “scoops”.

If you’d like to soften up mature collard, kale or cabbage leaves, simply submerge the leaves in boiling water for 1-3 minutes to desired tenderness, drain and use (it helps to use tongs for both dropping them in and taking them out). If there is a tough spine, you can remove it by stacking the leaves and cutting down either side of the spine. Use the leaves whole with a missing “V” where the stem/spine was for larger rolls, or slice them in half for a smaller wrap.

Vegetable “Stuffies”

In place of buns, taco shells, or just for fun, hollow out raw vegetables such as large heirloom tomatoes (slice the tops off first) or peeled cucumbers (half them lengthwise first) with a melon baller. Or slice the tops off of bell peppers and remove the seeds and veins. Then stuff with any type of raw mayonnaise salad, cooked meat sauce, or any stuffing you enjoy. Avocado halves also make delicious “bowls” – I love them stuffed with any seafood salad.

You can also soften bell peppers or poblano peppers by submerging in boiling water for 5 minutes and then draining well.

Apple Stacks

Get the biggest, freshest, crispest eating apple you can find in mid-autumn, core it, and cut a few thick slices from the middle “around the equator”, to get the widest slices possible. Use them in place of two slices of bread around your sandwich fillings to eat with your hands, or make a triple decker stack and slice that bad boy with a knife and fork. I love making this open faced with crunchy lettuce, smoked turkey and pastured cheddar. You can even slide it into a toaster oven or onto a grill for the most delicious grilled cheese you’ve ever tasted.

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CHEAT SHEET

Grain-Free Wrap, Bread or Roll Substitutes (Low-Carb), cont'd.

PROTEIN CHOICES

Cold Cut Rollups

One of my favorite ways to eat a “sandwich” is to turn it inside out. To do this, stack 2-4 thin slices of clean deli meat, slather on a strip of your favorite sandwich dressing (try Home Made Mayonnaise, mashed avocado, spicy mustard or a snappy pesto) and cover it with a long strip of veggie fillings. You could keep it simple and just use shredded lettuce carrots and tomato, or go Asian with bean sprouts and marinated shiitake mushrooms, or try finely chopped Italian veggies like bell peppers, red onions, pepperoncini rings and sundried tomatoes. Then roll up the filling in your meat for a roll (or make 2!) that you can slice and eat with a fork – delish!

Split Breast

Another easy inside out sandwich option is a grilled chicken breast slit into two wide, thin halves. Use the halves in place of bread and fill with anything you like. I like these filled with Caesar salad, with bacon, lettuce and tomato or with a bit of Dijon mustard and sliced fresh seasonal fruits, like peaches or pears. They also make great hot sandwiches. Pick it up to eat and get messy or be more demure with a knife and fork.

Egg Crepe

Whisk together 4 eggs, a teaspoon of water and a couple pinches of salt. To make them “tougher” and less likely to tear as wraps, dissolve 1 teaspoon of kudzu (or arrowroot or corn starch) in 1 tablespoon of water and whisk into the egg mixture until smooth.

Lightly oil (or butter) a small (7-inch) skillet or safe nonstick pan (no Teflon!) and heat it over medium low. Spoon about 1½ tablespoons of the egg mixture into the pan and swirl it around fast to thinly coat the entire bottom of the pan. The crepe will cook in under a minute – when it is set and the edges are dry, gently loosen it with a spatula and remove it (or flip it and cook the other side for about 15 seconds if you poured the egg too thickly).

Re-oil the pan & repeat to make 8-10 crepes. They'll keep for 4-5 days in a sealed container in the fridge. Use these for a quick roll-up with salad or steamed greens. They also make a great breakfast!

Helping You Make Tastier, Healthier Food in Less Time

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