

# folded tortilla sandwich

**Makes 1 serving**

RECIPE FROM: [Just a Taste](#)

PREP TIME: 5 minutes

COOK TIME: 5 minutes

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1 flour tortilla (or other wrap of choice – see notes)

2-4 Tbsp filling of choice

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## NOTE

Traditionally, flour tortillas are used. However, you can also use corn, gluten-free, vegan or low-carb wraps – as long as it can be folded, it should work fine. You can also try non-traditional options like nori sheets, rice paper wraps or crepes.

**CUT IT.** Using a sharp knife, place a strategically placed slit from the center of the tortilla down to the bottom edge. This will allow you to fold it into quadrants.

**FILL IT.** Pick four ingredients that pair well together, placing one in each quadrant. To ensure you don't overfill the tortilla and end up with an ooey gooey mess, only use 2-4 tablespoons of each filling (this will vary depending on the size of your tortilla).

**FOLD IT.** Start by folding the bottom right quadrant upwards. Repeat in a counterclockwise motion with the other quadrants until you've created a tortilla sandwich or pocket.

**HEAT IT.** (optional) If you'd like to heat the ingredients and/or crisp up the outside, place the tortilla sandwich into a skillet over medium heat for 2-3 minutes on each side or until it becomes golden brown. If you'd like it extra crispy, add a little butter to the pan. (This can also be done in a sandwich press.)

