



WOW!

The longest sandwich wrap ever made was more than 757 feet long and assembled in Turkey in 2016.



WARNING!

Ask an adult's permission before using the stove.

Toast up a tasty tuna melt wrap

Ingredients

- 5-ounce can tuna
- 1 tablespoon mayonnaise
- 1 tablespoon mustard of your choice (we used deli mustard)
- 1 tablespoon chopped fresh dill
- 1 large spinach wrap
- 2 slices cheddar cheese
- 1 tablespoon butter

Instructions

1. Drain the liquid from the tuna. Break up the tuna in a bowl with a fork.
2. Add the mayonnaise, mustard, and dill. Mix them together well.
3. Lay a spinach wrap on a plate or cutting board. Arrange a slice of cheddar cheese in the middle of the wrap, then top with the tuna. Arrange another slice of cheese directly on top.
4. Fold in opposite sides of the wrap so they meet in the middle, then fold in the other two sides.
5. Melt 1 tablespoon butter in a skillet over medium heat. Carefully set the wrap in the skillet, seam-side down, and cook until lightly golden, 3 to 4 minutes.
6. Carefully flip the wrap over and brown the other side, 1 to 2 minutes more. Makes 1 wrap.



ECO TIP
OF THE WEEK

PLANT MILKWEED FOR BUTTERFLIES

Populations of monarch butterflies have been declining since the 1990s. You can help support these colorful insects by planting milkweed, a monarch's sole source of food and the only plant adult butterflies lay eggs on. With an adult, visit your local nursery and ask the staff about milkweed varieties. Be aware that common milkweed spreads aggressively and can take over a garden or yard. Inquire about varieties that are suitable for small gardens, such as swamp weed and butterfly milkweed. Both types are native throughout the US. Fall is the best time to scatter milkweed seeds in the sunniest part of a yard or garden.

You can help monarchs.

