



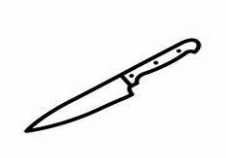

Veggie Pinwheel

Makes 1 Servings; 1 per serving

Nutrients Per Serving:

240 Calories | 13 g Fat (7g Saturated) | 31 g Carbohydrates | 1g Added Sugar | 5g Protein | 570 mg Sodium | 7g Fiber

Equipment Needed

			
Plate	Table knife	Paring knife	Cutting board

Ingredients Needed






Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.

			
1 Spinach herb tortilla	2 tablespoon whipped cream cheese	Colored bell pepper sticks	Cucumber sticks
			
Carrot sticks			

Recipe continued on back page.

Directions

(Tbsp = tablespoon, tsp = teaspoon)

<p>1</p>  <p>Wash hands.</p>	<p>2</p>  <p>Spread 2 tablespoon cream cheese on tortilla.</p>	<p>3</p>  <p>Cut pepper, cucumbers, and carrots into sticks if not purchased sliced. Place pepper sticks, cucumber sticks, and carrot sticks in the middle of the tortilla.</p>	<p>4</p>  <p>Roll up the tortilla with all the veggie sticks in the middle.</p>
<p>5</p>  <p>Cut tortilla roll in 6-8 pin wheels.</p>			