

Tortilla Pinwheels



Ingredients:

- 4 whole wheat tortillas (8 inch size)
- $\frac{1}{4}$ cup reduced fat or fat-free cream cheese, softened.
- 12 slices lean turkey.
- 8-12 spinach leaves, washed and dried
- $\frac{1}{2}$ cup finely grated carrots

Directions:

- 1** Using a spatula or knife, spread about 1 Tablespoon cream cheese on each tortilla, making sure to reach the edges.
- 2** Place 3 slices of meat on each tortilla.
- 3** Put several spinach leaves in the center of the tortilla and sprinkle on the carrots.



Tortilla Pinwheels continued



Directions:

- 4 Roll tortilla tightly; secure with a toothpick.
- 5 Cut the rolled tortilla into pinwheels making $\frac{1}{2}$ inch slices along the tortilla until you reach the end.
- 6 Remove toothpick before serving.

Variations...

- 1 Instead of the meat and spinach try colorful vegetables like red pepper, cucumber and avocado in your pinwheel. Pieces must be $\frac{1}{2}$ inch or less to prevent choking.
- 2 Make a fruit pinwheel using peanut butter or jam as the spread (in place of the cream cheese), then top with thin banana slices and other soft fruit like peaches, plums, nectarines or strawberries. Pieces must be $\frac{1}{2}$ inch or less to prevent choking.