

VEGGIE PINWHEELS



INGREDIENTS:

- 6 large tortillas
- 1 cup whipped cream cheese
- 2 bell peppers
- 2 cups carrots, shredded
- 2 cups baby spinach leaves
- 1 cup purple cabbage, shredded

INSTRUCTIONS:

1. Spread the cream cheese evenly over the 6 tortillas.
2. Leaving a 1 inch border on all sides, lay out 2 tablespoons of each vegetable in rows across the tortillas.
3. Roll up each tortilla tightly; if the ends don't stay shut you can add a bit more cream cheese to seal.
4. Cut crosswise into pinwheels and serve. Eat and enjoy!

Yield: 24 tastings (each tortilla should make 4 pinwheels)

Source: Dinner at the Zoo

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Nutrition Programs & Services

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