

Turkey Veggie Pinwheel

Ingredients:

4 ounces less-fat cream cheese,
softened
1 teaspoon dry ranch seasoning mix
2 whole wheat flour tortillas, medium
6 slices of turkey deli ham, low sodium
1 cups fresh baby spinach
½ cup shredded carrots

Instructions:

1. Mix softened cream cheese and ranch seasoning mix in a small bowl. Set it aside.
2. Place a tortilla on a cutting board. Spread about 1 ½ tablespoons of cream cheese-ranch mixture over the tortilla.
3. Top with 3 slices of turkey leaving about 2-inch border. Add spinach and carrots.
4. Starting from the bottom of the tortilla, roll it up tightly. Use the cream cheese-ranch mixture boarded to hold the wrap together. Repeat this process for each tortilla.
5. Place the tortillas in the refrigerator for 20-30 minutes until the cream cheese is firm.
6. Trim off ½ inch of the edges from each tortilla. Cut each tortilla in half. Then cut each half into thirds. Each tortilla will make 6 pinwheels.

Prep time: 10-15 minutes

Cook time: 20-30 minutes

Serves: 6 (2 pinwheels per serving)

Source: LSU AgCenter

Nutrition Facts

6 servings per container

Serving size 2 Pinwheels

Amount per serving

Calories 120

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 420mg 18%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 1mg 6%

Potassium 145mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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