



November 25- Turkey Pinwheel Appetizers

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-pinwheel-appetizers>

Recipe

Ingredients:

- 1 package cream cheese, low-fat (8 ounce, garlic and herb)
- 6 units flour tortillas (8 inch)
- 6 slices turkey
- 3 Roma tomatoes (small, chopped)
- 3 cups baby spinach leaves (fresh)

Directions:

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 2 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly; then wrap in plastic wrap. Refrigerate 2 - 3 hours to blend flavors. Cut each roll into eight 1-inch slices. Arrange with cut side down on serving plate.

Yields 16 servings

| Nutrition Facts | |
|---|----------------------|
| Serving Size 1 piece (73.87g) | |
| Servings Per Container 16 | |
| Amount Per Serving | |
| Calories 90 | Calories from Fat 35 |
| % Daily Value* | |
| Total Fat 4g | 6% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 10mg | 4% |
| Sodium 250mg | 10% |
| Total Carbohydrate 10g | 3% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 5g | 10% |
| Vitamin A 20% | Vitamin C 10% |
| Calcium 8% | Iron 6% |
| * Percent Daily Values are based on a 2,000 calorie diet. | |