



## Vegetable Pinwheels

Makes: 6 servings (5 pinwheels per serving)

Preparation Time: 10 minutes

### Ingredients

- 3 ½ tablespoons (2 ounces) cream cheese, softened
- 2 tablespoons canned, chopped green chiles, drained
- 2 tablespoons of frozen corn or canned corn, drained
- 2 teaspoons minced onion
- 2 tablespoons salsa
- 3 (10 inch) white or whole wheat flour tortillas

### Directions

1. Collect, chop, and measure all ingredients before starting to prepare the recipe.
2. Mix cream cheese, green chiles, corn, onion, and salsa in a bowl.
3. Spread mixture on tortillas, roll up tightly, and wrap in plastic wrap.
4. Cut in 1 inch slices, and serve immediately, or store in the refrigerator until ready to serve.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Be creative!** Add washed, chopped fresh cilantro or spices like cumin and chili powder in step #2.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>5 Pinwheels (60g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 80mg	2%
<small>*The % Daily Value (DV) 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.</small>	

White Flour Tortillas



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*Celebrate! Eat Smart & Be Active*