EATING SMART
BEING ACTIVE

Mexican Pinwheels

Makes: 6 servings (5 pinwheels per serving)
Preparation Time: 10 minutes

Ingredients

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

Directions

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

Nutrition Facts

6 servings per container

Serving size **5 Pinwheels (60g)**

Amount Per Serving

Calories **160**

	% Daily Value*
Total Fat 6g	**8%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 270mg	**12%**
Total Carbohydrate 22g	**8%**
Dietary Fiber 1g	**4%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 4g	**8%**
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 80mg	2%

*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.

White Flour Tortillas

Be creative! Add washed, chopped fresh cilantro or spices like cumin and chili powder in step #3.

USDA
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