



EATING SMART
BEING ACTIVE

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.

Nutrition Facts	
6 servings per container	
Serving size	5 Pinwheels (60g)
Amount Per Serving	
Calories	160
	<small>% Daily Value*</small>
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%
<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