



TASTE LIKE TACOS PINWHEELS



These little sandwiches cut into pinwheels make lunch fun. You can prepare them ahead of time and slice them in the morning to add to your kid's lunches. They also make a great appetizer to have at your next get together.

PREPARATION TIME: 10 minutes

COOK TIME: 0 minutes

TOTAL: 10 minutes

SERVINGS: 6 pinwheels

INGREDIENTS:

- 1 Large tortilla
- 2 Tablespoons of Cream Cheese
- 1 Tablespoon of Sour cream or plain Greek yogurt
- Taco seasoning mix: 1 teaspoon (or ¼ teaspoon of cumin & ¼ teaspoon of chili powder)
- ¾ cup mashed Black Beans with a squeeze of lime juice
- 2 Tablespoons of Shredded Cheese per tortilla (Cotija or cheddar work well)
- 1 or 2 teaspoons of Diced Green chilies (from a jar)
- ¾ cup of Romaine lettuce medium chopped and dry
- Plastic wrap for wrapping tortilla so it can chill. Need this step, so that the ingredients stay together.

NUTRITION FACTS:

PER SERVING (1 PINWHEEL)

118 calories; 5g protein; 5g fat; ; 1g sugar;
13g carbohydrates; 12mg cholesterol;
120mg sodium

DIRECTIONS:

STEP 1

Lay tortilla on a large cutting board and blend together the taco seasoning, softened cream cheese and mix in the sour cream.

STEP 2

Spread the cream cheese mixture over the tortilla, leaving about a ½ inch around the side, then lay the mashed black beans on top, add the shredded cheese on top of the black bean mixture and top with diced green chilies.

STEP 3

Roll up the tortillas tightly, wrap the pinwheel in plastic wrap and chill for at least 1 hour; preferably overnight to allow to set better. When you make the night before, you just remove the plastic wrap and slice the pinwheels in the morning. Cut about an inch off the ends, then slice into equal sized bites.

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