Mexican Pinwheels (Serves 4-6)

PREP TIME		COOK TIME		TOTAL TIME		DIFFICULTY
15 minutes	N/A	20-40 minutes	Easy

Ingredients:

- ☐ 8 ounces of fat-free cream cheese
- ☐ 1/3 Cup of low sodium salsa (Try Full Circle Medium salsa)
- ☐ 1/2 Cup Shredded cheddar cheese
- ☐ 1 Tablespoon of Mrs. Dash taco seasoning
- ☐ 1 pound Rotisserie chicken, cubed (found in deli or try canned chicken breast)
- ☐ 3 stalks green onion, diced (optional)
- ☐ 4 medium whole wheat tortillas

Directions:

1. Put all ingredients, except the tortillas, in a large bowl and mix well.
2. Spread some of the mixture onto the entire surface of tortillas and roll it up tightly.
3. Cut the rolled tortilla in approximately 1 inch pieces. Tip! The tortillas may be easier to cut once they have chilled in the refrigerator for about 20 minutes.

Dietitian's Tips

- This is an easy item to make for lunches or a simple after school snack.
- Use leftover rotisserie chicken from dinner the night before
- An easy recipe for kids to make on their own