



TURKEY PINWHEELS

RECIPE MAKES 4 wraps

SERVING SIZE = 1

NUTRITION INFORMATION

Calories: 256

Total Fat: 8 g

Saturated Fat: 1 g

Cholesterol: 30 mg

Sodium: 873 mg

Total Carbohydrate: 33 g

Fiber: 8 g

Sugars: 3 g

Protein: 20 g

Marion County Public Health Department

NUTRITION SERVICES



TURKEY PINWHEELS

The perfect snack, meal, or appetizer that has protein, whole grains, and vegetables. They are easy to make and versatile.

INGREDIENTS

4 (11 inch) whole wheat tortillas or flat breads

8 oz sliced low sodium deli turkey

4 ounces (about 2 cups) fresh baby spinach

Add whatever veggies you want

Optional: ½ cup hummus or spread of your choice

DIRECTIONS

Place one tortilla on cutting board and spread 1-2 tablespoons of hummus (or spread of your choice) in an even layer.

Arrange 2 slices of turkey over bottom 2/3 of tortilla. Lay your chosen vegetables over the tortilla.

Scatter about ½ cup of spinach over the vegetables.

Starting from the bottom of the tortilla, roll tightly.

Repeat the above steps for the remaining tortillas.

**Cut each roll up into 5 pieces to make pinwheels and serve.
Or enjoy as a wrap.**

RECIPE NOTES

Choose your own veggie adventure! This recipe originally called for hummus as the spread but you can use whatever spread or condiments you like, such as whipped cottage cheese, avocado, or pesto. Along with the spread, you can swap out the veggies in this recipe to make it your own. Add any vegetable you like, such as matchstick carrots, sundried tomatoes, jarred roasted peppers, banana peppers, jalapeños, olives, bell peppers, tomatoes, or cucumbers. Make it into a wrap or cut it into sections to look like pinwheels as finger food.

If you would like to speak to a dietitian or are interested in nutrition programming, call: 317-221-7512 or 317-221-7403.