



# Celebrate! Eat Smart & Be Active



**EFNEP**

Expanded Food and Nutrition Education Program

## Mexican Pinwheels

Makes: 6 servings of 5 pinwheels

Preparation Time: 15 minutes

### Ingredients

- 2 ounces cream cheese, softened
- 2 tablespoons canned corn, drained
- 2 tablespoons canned, chopped green chilies, drained
- 2 teaspoon chopped onion
- 2 tablespoons salsa
- 3 large flour tortillas (10-inch)

### Directions

1. Mix cream cheese, corn, green chilies, onions and salsa together.
2. Spread mixture on tortillas and roll up tightly, wrap in plastic wrap.
3. Store in refrigerator until ready to serve.
4. Slice in 1-inch slices and serve.

### Nutrition Facts

Serving Size 5 pinwheels (60g)  
Servings Per Container 6

Amount Per Serving

**Calories** 150      **Calories from Fat** 60

% Daily Value\*

**Total Fat** 6g      **9%**

Saturated Fat 3g      **15%**

Trans Fat 0g

**Cholesterol** 10mg      **3%**

**Sodium** 310mg      **13%**

**Total Carbohydrate** 20g      **7%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein** 4g

*Be creative!*

The rolled tortillas can be cut in half to make 6 sandwiches.

*Eat Smart: Vary Your Veggies!*

