

TURKEY PINWHEEL SANDWICHES

Portions: 2
Serving size: 3 pinwheels

Ingredients

1-10" white flour tortilla wrap
3 Tablespoons whipped cream cheese
1 cup spring mix salad greens
1 roasted pepper, drained and cut into thin 1/4" strips (about 10 strips)
6 pieces of thinly sliced turkey or chicken (2 ounces/60 g)
6 toothpicks

Preparation

Spread cream cheese evenly on tortilla wrap.
Layer with spring mix salad greens and turkey slices.
Space out roasted red pepper strips on top.
Grab the end tightly and start rolling.
Use toothpicks to hold the end in place (space out 4 to 6 toothpicks evenly along the edge).
Cut into 6 pieces. For neat appearance, cut small slices at both ends and discard.
Serve with cross section facing up.

Renal and diabetic food choices: 1 protein, 1 starch, 1 low potassium vegetable
Nutrients per serving: 172 calories, 9g protein, 14g carbohydrate, 440 mg sodium, 270 mg potassium, 119 mg phosphorus

Adapted from www.davita.com/recipes



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