

Turkey Pinwheel



Ingredients

- 2 ounce cream cheese, low-fat
- 1 flour tortillas (8 inch)
- 2 slice turkey (low sodium, 6 ounces)
- 1 Roma tomatoes (medium, chopped)
- 1 cup baby spinach leaves (fresh)

Directions

1. Place tortillas on microwaveable plate or paper towel; microwave uncovered on HIGH 10 - 15 seconds to soften.
2. Spread about 1 Tablespoons cream cheese over each tortilla. Top with a slice of turkey, chopped tomatoes and spinach.
3. Roll up lightly. Cut each roll into eight 1-inch slices. Enjoy!

Adapted from: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-pinwheel-appetizers>



Veggie Pizza Pita



Ingredients

- 1 pita, whole wheat (whole wheat tortilla shells can also be used)
- 2 tablespoon tomato sauce, low sodium
- 2 slice mozzarella cheese, part-skim (or shredded)

Pick two from the following vegetables:

- green & red peppers, sliced
- mushrooms, chopped
- tablespoon red onion, chopped
- spinach, shredded

Directions

1. Place one pita round, on plate.
 2. Spread 2 Tablespoons of tomato sauce on pizza.
 3. Sprinkle various chopped vegetable over sauce.
 4. Layer two slices (or sprinkle shreds) of cheese on top of sauce.
 5. Cover with the other half of pita round.
 6. Microwave 35-45 seconds, or until cheese melts.
 7. Slice in half, let cool, and enjoy!
- the microwave. If you prefer softer veggies, they can be steamed before being put on the pizza.

Adapted from: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/veggie-pizza-pita-pockets>



Microwave Nachos



Ingredients

- 2 grabs of Tortilla chips from bag
- ½ cup shredded cheddar cheese
- ½ cup diced peppers and/or green onions
- ½ can of drained and rinsed beans (black, kidney, pinto)

Directions

1. Spread chips across microwave safe plate.
2. Sprinkle ½ of cheese of chips.
3. Sprinkle on veggies and beans.
4. Sprinkle over remaining cheese.
5. Microwave for 45 seconds, until cheese is bubbly.
6. Cheese will be hot, so give it a moment to cool.
7. Enjoy with salsa.

