



HUMMUS VEGGIE PINWHEELS

June 17

National Eat Your Vegetables Day



INGREDIENTS

- 6 Tortilla, Soft, Flour (about 8"; enriched or whole grain-rich)
- 1 Cup Hummus
- 6 Large Romaine Leaves (dry)
- 1½ Cups Red Bell Peppers (sliced into matchsticks)
- 1½ Cups Cucumbers (sliced into matchsticks)
- 1½ Cups Carrots (sliced into matchsticks)
- 1 Cup Tomatoes (sliced into matchsticks)
- 1 Cup Cabbage (sliced into matchsticks)

DIRECTIONS

1. Lay out tortillas and spread a thin layer of hummus over each one (about 2 tablespoons per wrap).
2. Place dried lettuce leaf on top of the hummus. Press the lettuce down to flatten if needed.
3. Arrange the sliced veggies evenly across the lettuce leaf in horizontal rows.
4. Roll each wrap tightly towards the horizontal rows of veggies then slice into 2-inch pinwheels.
5. Store pinwheels in an airtight container in the fridge for up to 3 days.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Grain

MEAL TYPE

-  Snack

YIELD

24 Pinwheels

PORTION SIZES

Toddler	Preschool	School Age	Adult
2 Pinwheels	2 Pinwheels	3 Pinwheels	2 Pinwheels