



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 teaspoons onion, chopped
- 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.

Be creative!

The rolled tortillas can be cut in half to make 6

Eat Smart: Vary Your Veggies!



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	

Materials provided by the University of Arkansas Division of Agriculture Cooperative Extension Service

University of Arkansas, United States Department of Agriculture, County Governments Cooperating
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.