# **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**

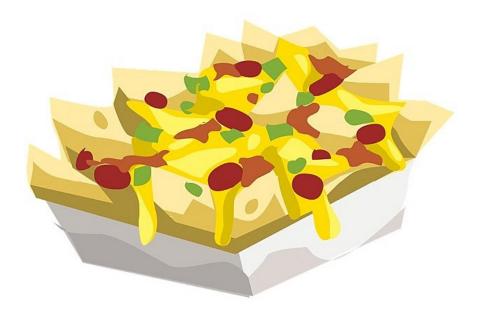
- 1. Place one pita round, on plate.
- 2. Spread 2 Tablespoons of tomato sauce on pizza.
- 3. Sprinkle various chopped vegetable over sauce.
- 4. Layer two slices (or sprinkle shreds) of cheese on top of sauce.
- 5. Cover with the other half of pita round.
- 6. Microwave 35-45 seconds, or until cheese 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.
- Microwave for 45 seconds, until cheese is bubbly.
- 6. Cheese will be hot, so give it a moment to cool.
- 7. Enjoy with salsa.

