



Recipes for Success



Bean & Cheese Pinwheel Tortillas

These high fibre pinwheel tortillas are fun for kids to make and they make a great snack any time of the day!

Makes: 36 pinwheels

Equipment:

Medium sized mixing bowl
Masher
Knife

Ingredients:

1 can (398ml) refried beans
1 cup shredded cheddar cheese
1 cup chopped lettuce
¼ cup light cream cheese
½ teaspoon black pepper
½ teaspoon chili powder
6 8-inch tortilla



Directions:

1. In a small bowl, mash together the refried beans, pepper & chili powder until smooth.
2. Spread a very thin layer of cream cheese over each tortilla. Spread bean mixture over cream cheese using approximately 2 tablespoons of bean mixture on each tortilla.
3. Sprinkle shredded cheese, and then place chopped lettuce on top.
4. Roll up each tortilla, jelly-roll fashion to make a log. Trim thin ends from each roll. Cut into slices about 2 inches thick.

Serve pinwheels and enjoy! Try dipping pinwheels in salsa for extra flavour.

Suggested Tasks for Children:

- Mash ingredients
- Fill tortillas with all the fixings and roll.
- Help clean up

