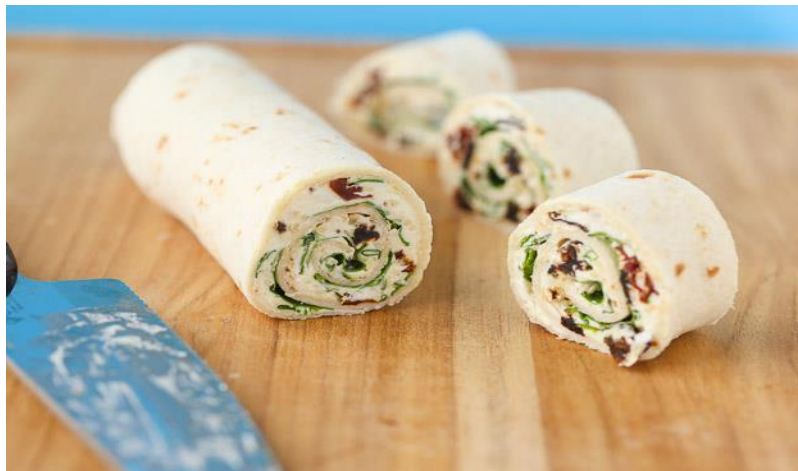


Sun Dried Tomato, Spinach and Basil Pinwheels Snack

This is an easy recipe that kids could help make while participating in an afterschool program or at home! No cooking or baking, just deliciousness! Great way to introduce kids to sun dried tomatoes, basil and even spinach! Kids could spread the cream cheese mixture on the tortillas, spread on the basil, roll up, and slice with a plastic knife.

What is a Pinwheel Sandwich?

Pinwheel sandwiches are small sandwiches that are curled up into a roll. The ingredients hold up well and so it is a great thing to bring to the park, sports game, on-the-go dinners in the car, in a lunch box or just plain make and eat during after school activity time.



INGREDIENTS

- 1/2 cup sun-dried tomatoes, chopped
- 8 ounces cream cheese, low fat
- 1/4 cup spinach
- 2 clove garlic
- 1/4 ounce Parmesan cheese
- 2 medium tortilla, whole wheat
- 15 leaves basil, fresh

INSTRUCTIONS

1. Dice the sun-dried tomatoes. Add to a bowl with the softened cream cheese, chopped spinach, minced garlic, grated Parmesan cheese, and salt. Stir thoroughly to combine.
2. Spread filling on tortillas. Try to spread the filling all the way to the edge of the tortillas.
3. Top with fresh basil leaves and then roll up tightly.
4. Slice each roll into 1 inch pieces. Cut the roll seam side down to help the pinwheels stay together. Enjoy!

*recipe adapted from Superhealthykids.com