

The 5-Minute Pinwheel

Serving Size: 1

Prep Time: 3 minutes

Total Time: 5 minutes

Ingredients:

1 small-medium tortilla
2 slices deli meat or meat alternative
1 Tbsp. spreadable cheese like cream cheese or 1/4 cup shredded
A handful of greens (try lettuce, spinach, kale or collard greens)
Additional toppings: sliced avocado or cucumber, thinly sliced or shredded carrots, or diced tomatoes

Directions:

1. Rinse greens under running water and pat dry. De-stem and tear if whole leaves.
2. Lay tortilla flat.
3. Spread or sprinkle cheese on surface of tortilla.
4. Layer your deli meat, or meat alternative, greens, and extra toppings.
5. Roll the tortilla from one side to the other. Slice in half and enjoy!

