

Rainbow Veggie Pinwheels

Prep Time: 15 Minutes

Serves: 4

Ingredients:

- 4 large tortillas
- $\frac{2}{3}$ cup whipped cream cheese (can use light)
- 1 tablespoon onion powder, garlic powder etc.
- Salt & pepper, to taste
- $\frac{1}{2}$ cup thinly sliced red bell pepper strips
- $\frac{1}{2}$ cup thinly sliced carrot strips
- $\frac{1}{2}$ cup thinly sliced yellow bell pepper strips
- $\frac{1}{2}$ cup baby spinach leaves
- $\frac{1}{2}$ cup shredded purple cabbage
- 1 can chicken or tuna, shredded (optional)



Directions:

1. Mix together the cream cheese and spices until thoroughly combined.
2. Spread the cream cheese mixture evenly over the 4 tortillas.
3. Leaving a 1 inch border on all sides, lay out 2 tablespoons of each vegetable in rows across the tortillas; top with shredded chicken.
4. Roll up each tortilla tightly; if the ends don't stay shut you can add a bit more cream cheese to seal. Cut crosswise into pinwheels and serve.

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