

# Vegetable Pinwheels



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## Ingredients

- 2 ounces cream cheese, softened
- 1/8 cup corn (2 Tablespoons)
- 2 Tablespoons chopped green chilis, drained
- 2/3 Tablespoon chopped onion (2 teaspoons)
- 2 Tablespoons salsa
- 3 large flour tortillas (10 inches)

## Instructions

Drain the corn and green chilis. Mix cream cheese, corn, green chilies, onions and salsa together in a bowl. Spread mixture on tortillas, roll up tightly and wrap each tortilla in plastic wrap. Cut in 1-in slices, and serve immediately or store in refrigerator until ready to serve.

Scan the QR code or visit [FamilyResourceNavigator.org/FoodforThought](https://FamilyResourceNavigator.org/FoodforThought)  
for additional recipes and healthy eating tips.

