Michele Sodon

TURKEY PINWHEELS

THIS FUN-TO-MAKE SNACK WILL BECOME A FAMILY FAVORITE

NUTRITION PER SERVING:

CALORIES	106
PROTEIN	7 G
CARBOHYDRATE	12 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	NONE

YIELD:	4 SERVINGS
SERVING SIZE:	1 LOG (4 PIECES)

4 SLICES	WHOLE-WHEAT BREAD
1 TBSP	LIGHT MAYONNAISE
1 TBSP	DELI MUSTARD
½ C	CUCUMBER, PEELED AND THINLY SLICED
¼ C	JARRED ROASTED RED PEPPERS
2 OZ	LOW-SODIUM DELI TURKEY BREAST

01 Remove the crusts from the bread and flatten each slice with a rolling pin.

02 Combine mayonnaise and mustard. Spread about ½ tablespoon on each bread slice.

03 Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.

04 Roll each slice into a log, and cut each log into four pieces with a sharp knife. Serve immediately, or refrigerate logs until ready to serve (cut prior to serving).

✔ Younger children can help mix the "mousse." Older children can make the recipe themselves.

Copyright 2020, AIR, Inc. All rights reserved.