



NUTRITION PER SERVING:

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

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | NONE |

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| 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

TURKEY PINWHEELS

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

- 01 Remove the crusts from the bread and flatten each slice with a rolling pin.
- 02 Combine mayonnaise and mustard. Spread about ½ table-spoon 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.

