

Cooking Demo

Turkey Hummus Pinwheels

LOOKING FOR A HEALTHY AND EASY GAME DAY SNACK FOOD?

Look no further than these quick, delicious hummus and turkey pinwheels! These finger foods are easy to share and are sure to be a fan favorite. You can mix up the ingredients with different wraps, veggies, and spreads to truly make this recipe your own!

INGREDIENTS

- ★ 4 11-inch whole wheat tortillas or flatbreads
- ★ 1 cup hummus
- ★ 8 ounces sliced turkey
- ★ 1 7-ounce jar roasted red peppers, drained and thinly sliced
- ★ 4 ounces (about 2 cups) baby spinach

DIRECTIONS

1. Place one tortilla on cutting board and spread $\frac{1}{4}$ cup hummus in an even layer. Arrange two slices of turkey over bottom $\frac{2}{3}$ of tortilla. Lay some peppers over the hummus. Scatter about $\frac{1}{2}$ cup of spinach over peppers.
2. Starting from bottom of tortilla (area with toppings), roll tightly.
3. Repeat steps 1-2 for other three tortillas.
4. Cut each tortilla into five pieces to make pinwheels and serve!

Recipe from: <http://www.myrecipes.com/recipe/hummus-turkey-sandwiches>
Modifications by Ashley Denton, RDN, LD



NUTRITION INFORMATION	
Serving Size: 1 roll-up	
Calories (kcal)	392
Total Fat (g)	10
Saturated Fat (g)	1
Monounsaturated Fat (g)	6
Polyunsaturated Fat (g)	2
Cholesterol (mg)	25
Sodium (mg)	940
Potassium (mg)	553
Carbohydrate (g)	54
Dietary Fiber (g)	8
Sugars (g)	4
Protein (g)	23



Health Benefits Blow the Competition Away

With whole grains, leafy greens, heart-healthy fats, and lean protein, this snack has plenty of benefits that are a real nutritional score.

- ▶ Whole grains and fruits and vegetables have dietary fiber, which aids in digestion and helps keep you full.
- ▶ Unsaturated fats, like those found in the hummus, can help to lower blood cholesterol when eaten in the place of saturated fat.
- ▶ Turkey is a great source of protein. Proteins are the building blocks of life. Getting enough protein in your diet allows your body to repair cells and make new ones.
- ▶ Spinach and bell peppers have many vitamins and minerals, including vitamins A, C, E, and K, as well as folate and iron.

Lead the Team – Make Your Own!

If you're tired of sitting on the sidelines in the kitchen, you can make the hummus and roasted red peppers for this recipe rather than purchasing them at the store. Both are inexpensive and simple – perfect for any skill level and sure to make the cut!

Hummus

Ingredients:

- ▶ 1 15-ounce can chickpeas, rinsed
- ▶ 1 clove garlic
- ▶ ¼ cup olive oil
- ▶ 2 Tbsp lemon juice
- ▶ 2 Tbsp tahini (optional)
- ▶ 1 tsp ground cumin
- ▶ ¾ tsp salt
- ▶ ¼ tsp paprika, for garnish, if desired

Directions: Combine all ingredients (except paprika) in a food processor and puree to desired consistency. You may need to add 1-2 Tbsp water to help thin out the hummus. Transfer hummus to a bowl, drizzle with additional olive oil, and garnish with paprika, if desired.

Recipe from: <http://www.realsimple.com/food-recipes/browse-all-recipes/five-minute-hummus-recipe>:

Roasted Red Peppers

Ingredients:

- ▶ 4 whole red bell peppers
- ▶ 2 Tbsp olive oil

Directions: Preheat oven to 500°F. Place whole peppers on a baking pan in an oven in the middle oven rack position. Roast for about 30 minutes, turning twice during roasting. Peppers are done when the skins are wrinkled and the peppers are charred. After removing from oven, cover pan with aluminum foil for about 30 minutes, letting peppers cool enough to handle. Next, remove the stem from each pepper and place into a bowl, allowing juices to collect. Quarter peppers and remove/discard peels and seeds. Brush peppers with olive oil.

Recipe from: <http://www.foodnetwork.com/recipes/ina-garten/roasted-red-peppers-recipe.html>

Sources:

<http://www.aicr.org/foods-that-fight-cancer/>

<http://www.livestrong.com/>

<https://www.nlm.nih.gov/medlineplus/>