



## Rainbow Veggie Pinwheels (adapted from <https://www.dinneratthetoo.com/rainbow-veggie-pinwheels-sesame-lime-quinoa-salad/>)

**Ingredients** (makes 4 full size rolls, to be sliced into smaller pieces)

- 4 large tortillas (I use whole wheat, but can use any flavor)
- 2/3 cup whipped cream cheese (can use light) or hummus
- 1 tablespoon dry ranch powder
- 1/2 cup thinly sliced red bell pepper strips, radishes or beets
- 1/2 cup thinly sliced carrot strips
- 1/2 cup thinly sliced yellow bell pepper strips
- 1/2 cup green baby spinach, lettuce leaves or microgreens
- 1/2 cup shredded purple cabbage

### Directions

1. Prep veggies and set aside for easy assembly. Mix together the cream cheese and ranch powder until thoroughly combined. Spread the cream cheese mixture evenly over the 4 tortillas. Leaving a 1 inch border on all sides, lay out 2 tablespoons of each vegetable in rows across the tortillas. 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.

Today, your child's class was visited by Farmer Tina, and this colorful & nutritious recipe was prepared and shared as part of her lesson on the importance of eating a rainbow of fruits and vegetables. Grow It Green Morristown is a local non-profit organization that creates sustainable farms and gardens, and educates communities on healthy eating and environmental stewardship. We believe that fresh, local food should be accessible to all. For more information about Grow It Green Morristown, and ways you can help support local food access, please visit our website:

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