

Mexican Pinwheels

Makes 6 servings

INGREDIENTS

- 12-ounces low-fat cream cheese
- 2/3 cup of lower sodium salsa
- 3/4 cup shredded cheddar cheese
- 1/2 tablespoons lower sodium taco seasoning
- 1 1/2 pounds cubed rotisserie chicken or canned chicken breast
- 5 stalks green onion, diced (optional)
- 2 cloves garlic, minced (optional)
- 6 medium whole wheat tortillas

INSTRUCTIONS

1. Put everything but the tortillas in a bowl and mix well.
2. Spread some of the mixture onto the entire surface of one of the tortillas, and roll it up tightly. Continue with the rest of the tortillas the same way.
3. Cut the rolled up tortillas into 1 inch sections.