

TURKEY PINWHEELS

From Keep the Beat – NHBLI

<http://hp2010.nhlbihin.net/healthyeating/recipeDetail.aspx?linkId=1&cId=10&rId=162>

Ingredients

- 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

Instructions

1. Remove the crusts from the bread and flatten each slice with a rolling pin.
2. Combine mayonnaise and mustard. Spread about ½ tablespoon on each bread slice.
3. Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.
4. Roll each slice into 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).

Makes 4 servings (1 log per serving)

Nutritional information per serving (4 servings)

- Calories: 106
- Total fat: 2g
- Saturated fat: 0g
- Cholesterol: 11mg
- Sodium: 275mg
- Total fiber: 2g
- Protein: 7g
- Carbohydrates: 12g
- Potassium: 25mg
- Vitamin A: 0%
- Vitamin C: 0%
- Calcium 2%
- Iron: 4%

Percent Daily Values are based on a 2,000 calorie diet.

