



### NUTRITION PER SERVING:

<b>CALORIES</b>	106
<b>PROTEIN</b>	7 G
<b>CARBOHYDRATE</b>	12 G
<b>TOTAL FAT</b>	2 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	NONE

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 LOG (4 PIECES)

<b>4 SLICES</b>	WHOLE-WHEAT BREAD
<b>1 TBSP</b>	LIGHT MAYONNAISE
<b>1 TBSP</b>	DELI MUSTARD
<b>½ C</b>	CUCUMBER, PEELED AND THINLY SLICED
<b>¼ C</b>	JARRED ROASTED RED PEPPERS
<b>2 OZ</b>	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.

