

TOMATO BASIL *Pinnwheels*

40¢

per serving

30 MINUTES
OR LESS

7 INGREDIENTS

Buy Local!

8 ounces cream cheese (buy vegan if needed)

1/2 cup fresh chopped tomatoes or use lightly packed sun-dried tomatoes (dry, not in oil), chopped (plus more for topping)

1/4 cup lightly packed fresh spinach

2 large cloves garlic, minced (~ 2 Tbsp)

1/4 cup parmesan cheese, plus more for serving

Pinch each sea salt and black pepper

2 large flour tortillas (sub gf if needed)

24 fresh basil leaves, divided



*highlighted ingredients can be bought at the market!



**URBANA'S
MARKET AT
THE SQUARE**

Watch us cook each recipe
LIVE every Thursday at
4:00pm on CiLiving!
Tune in on Channel 3



HOW TO: TOMATO BASIL PIN-WHEELS

1. Add cream cheese, sun-dried (or fresh) tomatoes, spinach, garlic, parmesan cheese, salt and pepper to a mixing bowl and mix thoroughly to combine.
2. Divide filling between two flour tortillas and spread into an even layer all the way to the edge. Top each with 10-12 fresh basil leaves (leaving one edge bare so the tortilla can stick to itself). Press basil down slightly to adhere.
3. Tightly roll up tortillas from one end to another, starting from the end with basil all the way to the edge, working toward the end that's slightly bare.
4. Once rolled up, squeeze gently to compact everything and lay seam-side down for slicing.
5. Use a serrated knife to gently cut tortillas into 1/2-inch slices. Between the two tortillas, you should have a total of 20-22 pinwheels.
6. Arrange on a serving platter and serve immediately, or chill for up to 24 hours, covered in the fridge. Leftovers keep well in the refrigerator, covered, for 2-3 days, though best when fresh.

why is it healthy?

TOMATO

Tomatoes are one of the best sources of lycopene which protects the skin from ultra-violet (UV) rays and thus offers some defence against skin cancer.

BASIL

Basil has anti-bacterial benefits. It is a great source of vitamin K, vitamin A, manganese, and magnesium.

SPINACH

Spinach is a powerhouse green, full of iron for long-lasting energy. Spinach is a great source of chlorophyll an anti-inflammatory.

This recipe is from **Minimalist Baker**

Go to minimalistbaker.com to see more recipes!

<http://minimalistbaker.com/sun-dried-tomato-and-basil-pinwheels/>

FAST • HEALTHY • AFFORDABLE • SIMPLE

Design by Creative Health
eatcreative.org

