

## **Angie's Veggie Pinwheels**

Prep: 15 min

Cook: 5 min

Serve: Immediately

### Ingredients

1 (8 oz) package 1/3 less fat cream cheese, softened  
1/4 cup light mayonnaise  
1/2 Tbsp dried dill weed  
1/2 Tbsp dried parsley  
1/2 Tbsp garlic powder  
1/2 Tbsp onion powder  
4 (12-inch) tortilla wraps\*  
1 cup broccoli florets, finely chopped  
1 cup cauliflower pearls  
1 red pepper, diced  
1/2 cup finely shredded cheddar cheese

\*I used the Xtreme Wellness tomato basil wraps. To make gluten free, serve on a gluten free wrap.

### Directions

Mix together dill weed, parsley, garlic powder and onion powder and blend into softened cream cheese and mayonnaise.

### To assemble:

Spread 1/4 of the cream cheese mixture onto each wrap. Sprinkle with broccoli, cauliflower, red pepper and cheese. Roll tightly and cut each wrap into 8 pieces. Serve immediately or refrigerate.

For tighter wraps, wrap in aluminum foil and refrigerate for at least 8 hours before cutting and serving.

### Nutrition facts:

Per serving (serves 8): 151 calories; 7.3g protein; 14.9g carbohydrates; 7g fiber\*; 3g sugar; 9.2g fat; 26g cholesterol; 391g sodium.

\*8g NET carbohydrates

This recipe is ready for you to log in MyFitnessPal. Just search for "PYPTW Angie's Veggie Pinwheels".