

HUMMUS SNAILWHEELS



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources

What you need:

Hummus Snailwheels:

1/4 c. thinly sliced turkey

2 tbsp. carrots, sliced

2 tbsp. red peppers, sweet, sliced

1 tbsp. hummus

1 whole wheat tortilla

Sides:

1/4 c. pears, canned

6 oz. low-fat milk

Preparation:

1. Spread hummus onto whole wheat tortilla.
2. Place turkey, red peppers and carrots onto hummus spread.
3. Roll tortilla then cut into 1 inch slices
4. Pair with pears and a glass of milk for a complete meal!

** This meal is CACFP approved if it is served with milk.

This material created for the Healthy Kids Resource Center www.extension.unr.edu/healthykids

