

Sun Dried Tomato & Pesto Roll Ups

Ingredients

- 4 Tb. whipped cream cheese
- 2 Tb. pesto
- 1/4 cup lightly packed sun-dried tomatoes
- 1 large whole grain tortilla or lavash wrap
- 1 cup lightly packed spinach

Nutrition Tip: This wrap makes a quick and easy lunch with a whole serving of veggies, whole grains, and protein!



Directions

1. Mix cream cheese, pesto, and sun-dried tomatoes in a bowl.
2. Spread evenly onto the wrap, all the way to the edge.
3. Top with spinach (leaving one edge bare so the wrap can stick to itself). Press spinach down slightly to adhere.
4. Tightly roll up wrap from one end to another.
5. Once rolled up, squeeze gently to compact everything and lay seam-side down for slicing.
6. Use a serrated knife to gently cut wrap into 1/2-inch slices.

Recipe adapted from

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

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