

Tortilla Rollups

Ingredients (makes 1 rollup)

- 1/4 cup Refried beans
- 2 Tablespoons Salsa
- 1/4 cup Shredded cheese
- 1 large (burrito-sized) flour tortilla

Directions

1. In a small bowl, mix together refried beans and salsa.
2. Spread a thin layer of the bean mixture on tortilla—stop spreading about ½ inch from the edge. Sprinkle with shredded cheese. Roll up tightly, but loose enough that you do not push the filling out of the tortilla.
3. Slice into 1/2 inch slices to form pinwheels.

Nutrition Information- Per serving

Calories	362	Total Sugars	2.3g	Sodium	1076mg
Protein	16g	Total Fat	15.2g	Cholesterol	35mg
Carbohydrate	42.1g	Saturated Fat	7.3g	Fiber	7.9g



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