

CRISPY CHICKEN & SPINACH TORTILLA PINWHEELS

INGREDIENTS

ITEM	QUANTITY
Cooked Shredded Chicken	2 Cups
Baby Spinach, finely chopped	1 Cup
Lactose-Free Greek Yogurt	2 Tbsps.
Onion- and Garlic-Free Dijon Mustard	1 Tsp.
Chopped Chives	1 Tbsp.
Garlic-Infused Olive Oil	1 Tsp.
Smoked Paprika	½ Tsp.
Salt	¼ Tsp.
Black Pepper	¼ Tsp.
Certified Low-Fodmap Tortillas	4

SERVING SIZE **4 SMALL PINWHEELS**

PREPARATION

- Preheat the oven to 400°F.
- In a bowl, combine chicken, spinach, Greek yogurt, Dijon, chives, garlic-infused olive oil, paprika, salt, and pepper.
- Spread the mixture evenly over each tortilla.
- Roll each tortilla tightly.
- Slice each roll into 4 pieces.
- Place cut-side up on a parchment-lined baking sheet.
- Bake for 10-12 minutes, until the edges are crisp and golden.
- Cool for a few minutes before serving.

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