

Spinach Pinwheels

Canada's Food Guide recommends eating at least one dark green and one orange vegetable each day. This recipe is made with spinach, a delicious leafy green that is packed with important nutrients like fibre, vitamin A, folate and iron.



Ingredients:

1 ½ lb	Fresh spinach, washed and chopped	680 g
1 cup	Unsalted cottage cheese, 1% M.F.	250 mL
½ cup	Reduced fat cheddar cheese, 21 % M.F. or less, grated	125 mL
1 Tbsp	Basil pesto	15 mL
3 cups	All purpose flour	750 mL
1 Tbsp	Baking powder	15 mL
½ tsp	Salt	2 mL
⅓ cup	Non-hydrogenated margarine	75 mL
1 cup	1% milk	250 mL
1 Tbsp	Non-hydrogenated margarine, melted	15 mL
¼ cup	Reduced fat cheddar cheese, 21 % M.F. or less, grated	60 mL

Directions:

1. Preheat oven to 375°F (190°C). Lightly spray a baking pan with non-stick cooking spray. Set aside.
2. In a small pot, cook spinach, covered, on low heat until wilted and most water from spinach is evaporated. Gently mix in cottage cheese, cheddar and pesto; set aside.
3. Measure flour, baking powder, and salt into a large bowl.
4. Cut ½ cup of margarine into flour until mixture resembles coarse crumbs. Make a well in the centre.
5. Add milk to well; stir until soft dough forms. Knead 8 times.
6. Roll dough to 10 x 12 inch (25 x 30 cm) rectangle. Spread spinach mixture evenly on dough and roll up from long covered side (like a jelly roll).
7. Pinch seam against roll to seal; cut into 12 even slices.
8. Lay slices flat on prepared baking sheet.
9. Brush slices with 1 tablespoon melted margarine and sprinkle with ¼ cup of cheese. Bake in 375°F (190°C) oven for 20 to 25 minutes or until golden.

Spinach Pinwheels

10. Serve warm or cold as a snack or side dish.

Makes 12 servings (1 slice / 145 g)

Nutrition Facts	
Per 1/12 of recipe (145 g)	
Amount	% Daily Value
Calories 230	
Fat 9 g	14 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Cholesterol 5 mg	
Sodium 380 mg	16 %
Carbohydrate 28 g	9 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 10 g	
Vitamin A	160 %
Vitamin C	20 %
Calcium	20 %
Iron	20 %

Nutrient Claim	Amount per serving
Source of fibre	2 g
High in potassium	413 mg
High in calcium	216 mg
High in magnesium	59 mg
Very high in folate	206 mcg
High in iron	3.1 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	1
Milk and Alternatives	¼
Meat and Alternatives	0

This is a Choose Sometimes recipe (Mixed Dish – Vegetarian) according to the Alberta Nutrition Guidelines.