

Cheesy Spinach Wraps—6 to 11 Servings

Did you know? Spinach has more demonstrated health benefits than almost any other food

8-inch whole wheat flour tortillas

Cheddar cheese, shredded

Prewashed baby spinach

Italian or Caesar salad dressing

Roasted, shelled sunflower seeds or dry-roasted

Place a tortilla on a microwave safe plate. Arrange $\frac{1}{4}$ cup cheese, a handful of spinach leaves, 1 teaspoon of salad dressing, and a sprinkling of sunflower seeds over the tortilla. Heat in microwave for 45 to 60 seconds or until cheese melts and spinach wilts. Roll up, cut in half and serve.