

Go Fish Pinwheels

Tuna and veggies rolled up in a whole grain tortilla

Makes 2 servings

Ingredients

1 pouch chunk light tuna
1 large whole grain or spinach tortilla
1 red bell pepper, sliced thinly
1 yellow or orange bell pepper, sliced thinly
1 cup loosely packed spinach
1 avocado, mashed with fork

Fun Fact: Tuna is a great source of omega-3, “brain-boosting” good fats, important for learning and your heart. Enjoy seafood 2-3 times per week.

(Parents) Directions to Assemble Kit:

Place 4 tbsp of mashed avocado into a small container. Place spinach into a plastic sandwich bag. Place about ten slices of each colored bell pepper into a plastic sandwich bag. Next, put avocado container, bags of veggies, one rolled up tortilla, tuna pouch, spoon, dinner knife and recipe into a large reusable container. Place into refrigerator until use.

(Kids) Directions to Make Pinwheels:

Unroll tortilla and place on cutting board. Open container of avocado and spread over tortilla using a spoon. Tear open pouch of tuna and sprinkle across the avocado-spread tortilla. Place bell pepper slices across the middle of the tortilla. Top with spinach. Tightly roll the tortilla like a burrito, but do not fold the ends. Hold tortilla with one hand as you slice the pinwheels into 1 to 1 ½ inch thick slices (about the thickness of two fingers). Place pinwheels onto two plates and enjoy!