

TORTILLA SWIRLS

Makes 12 servings

Show #148 from Diana Clark

3/4 cup nonfat cream cheese

1/2 cup non-fat sour cream

1 cup shredded nonfat sharp cheddar cheese

1/2 green bell pepper, seeded and finely chopped

8 scallions, thinly sliced

2 teaspoons fresh lime juice

Nine 6" fat-free flour tortillas

1/4 cup salsa

1. In a small bowl, with an electric mixer at medium speed, beat the cream cheese and sour cream until smooth. With the mixer at low speed, blend in the cheddar cheese, pepper, scallions and lime juice.
2. Place the tortillas on a work surface. Spread about 1/4 cup of the cheese mixture on each tortilla; roll up and place, seam side down, on a plate. Cover the rolls with plastic wrap and refrigerate until chilled, at least 1 hour.
3. With a serrated knife, cut each tortilla roll into 6 equal slices; arrange, cut-side up, on a serving platter. Top each swirl with 1/4 teaspoon salsa.

Per serving: 99 calories, 0 g Total fat, 0g Saturated fat, 2 mg Cholesterol, 354 mg Sodium, 16g Total carbohydrates, 1 g Dietary Fiber, 8 g Protein, 140 mg Calcium.

Serving Provides: 1 Bread

Point Per Serving: 2

Recipe is from WEIGHT WATCHERS "Simply the Best" Page 12