

Grilled Vegetable Pinwheels

Inspired by "TasteOfHome.com"

Ingredients:

- 1 TB olive or vegetable oil
- ½ onion, sliced into ½-inch slices
- 1-2 garlic cloves, peeled
- 1 yellow squash or zucchini, cut into ½-inch slices
- ½ bell pepper, cut into 1-inch pieces
- 1 large carrot, cut into ½-inch slices
- 1 package (8 ounces) cream cheese, cubed and softened; or 1 package (8 ounces) hummus
- Salt and pepper to taste
- 4 tortillas (large), room temperature
- 1 cup lettuce, torn; or spinach
- *Optional:* sliced cheese or meat of choice

Method:

1. Heat oil in sauté pan over medium heat. Add onion, garlic, squash, pepper and carrots and sauté until tender (about 4-5 minutes). Remove vegetables from pan, let cool, and dice.
2. In large bowl, stir diced vegetables with cream cheese or hummus and salt and pepper to taste.
3. Spread mixture to edges of tortilla. Layer with lettuce or spinach, and optional cheese or meat.
4. Roll up tightly. Cut into ½-inch or 1-inch pinwheels.

HopelinkHarvest@hope-link.org

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Magic Muffins

Ingredients:

- 1/3 c vegetable oil (or melted butter or applesauce)
- 1/2 tsp vanilla
- 2 cups chopped/grated fruit or veggies of choice (examples: carrots, apple, zucchini, berries)
- 1/2 cup chopped nuts, raisins or chocolate chips (optional)
- 1 1/2 cups whole-wheat or white flour
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon, nutmeg, or ginger (or all three!)
- 1/3 cup honey (or brown sugar, or white sugar)
- 1 egg (or 2 if using whole wheat)
- 1/2 cup buttermilk (or yogurt or sour cream)

Method:

- Preheat oven to 400F. Line or grease 2 muffin pans. Whisk dry ingredients in a large bowl.
- Add wet ingredients and blend until just combined. Fill muffin papers 1/2 - 2/3 full.
- Bake 15-20 minutes until toothpick comes out clean.