

Healthy Chicken Pinwheels

Yummy, Yummy this delicious snack is not only healthy but it's easy to make. You can make these snacks for any occasion such as lunch, an on the go snack or for a hors d'oeuvre party. Pinwheels are known for their flavor all wrapped up into one small bite it is a wonderful finger food, but add some vegetables to it and you got yourself something tasty and healthy. The chicken in the recipe adds a kick to the recipe especially when combined with mayonnaise. Chicken is known to help with vitamin b consumption and other assistance for the body. After eating one of these pinwheels be prepared for a satisfied stomach and a health boost to the body.



Ingredients:

1 slice of wholegrain bread with the crust removed

1 small lettuce leaf

1 tbs. chopped cooked skinless chicken

1 tbs. chopped carrot or broccoli

1 tbs. mayonnaise

Salt and pepper to taste (optional)

Method:

- Mix the chicken, mayonnaise, salt, pepper and carrots or broccoli together in a small bowl.
- Put the lettuce leaf on the slice of bread

- spread the chicken, vegetable and mayonnaise mixture on top of the lettuce leaf
- At one end of the bread roll the bread up and slice into three or four pieces.

Photo credit: Sun Dried Tomato Hummus, Cucumber, and Yves Veggie Bologna Pinwheels by Janet Hudson

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