



# Tortilla Snake Roll-Up

Serves 2. Prep time: 15 minutes active; 1 hour, 15 minutes total.

## Ingredients

- 3 spinach tortillas
- ½ cup hummus
- 1 cup spinach
- 2 carrots
- 1 tomato, chopped
- 1 avocado, chopped
- 3 slices deli turkey
- 1 cucumber, sliced
- 2 pimento-stuffed green olives
- 2 black olives

Get ready to  
rock and roll  
with this  
s-s-s-super  
roll-up  
sandwich.



# Tortilla Snake Roll-Up

## Preparation

### Prepare your ingredients

Chop one carrot into small pieces. Cut a short, flat strip from the other carrot, then use it to cut out a forked tongue. Cut the remainder of the carrot into slices. Cut small squares out of the black olives.

### Make your snake

1. On each of the three tortillas, spread the hummus, layer with spinach, sprinkle with chopped carrot, tomato and avocado, and top with a slice of turkey.
2. Fold in the sides of the tortillas and roll them up like burritos.
3. Wrap the three tortilla rolls in plastic wrap and refrigerate them for 1 hour to help them stay tightly rolled when they are cut.
4. Cut the tortilla rolls into 1-inch slices. Cut one slice in half diagonally to form a pointy tail.
5. Lay the sliced tortilla rolls on a plate in an “s” shape, including the tail and a piece for the head and insert carrot and cucumber slices between each section.
6. Create eyes with the pimento olives, add the tongue and decorate the snake's back with black olive squares.



Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

### Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
378	13 g.	14 mg.	752 mg.	56 g.	16 g.	13 g.

The nutritional values and information provided are approximations.