



February Weis Markets Dietitian Virtual Cook-Along

February 16, 2022 @ 1 pm

with Melissa Logan

Ingredients:

- 1 (8-inch) Mission 100% Whole Wheat Tortilla
- 1/4 cp avocado, peeled, pitted, and mashed
- 1/2 cp shredded romaine lettuces
- 1 slc Cracker Barrel Sharp Cheddar Cheese
- 2 tbsp Weis Quality Fresh Salsa
- 1/4 cp Weis Quality Black Beans, drained and rinsed

(servings for 1 person)

Tex-Mex Pinwheels

Join Weis Dietitian Melissa during **American Heart Month** for a discussion on how to be heart healthy! Enjoy a heart smart workshop followed by an easy recipe demonstration.

Directions:

1. Spread tortilla with avocado, leaving a half-inch border around the edge.
2. Add remaining ingredients to one side of the tortilla.
3. Tightly roll up and slice into 6 pieces.

If possible, have all ingredients prepared and measured in advance to save time.



[Live a Heart-Healthy Lifestyle](#)

<https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-month>

Click this link to join: <https://zoom.us/j/94585624204?pwd=UDU2bXJiay9sdFZpR1hReUl2d2lVdz09>

Passcode: 064ba4a2e5

Registration not required

Join on a computer or mobile app
Attend as a group or individually
Closed Caption not available

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