- Prep Time: 20 minutes
- Chill Time: 1 hour (minimum)
- Cook Time: 0 minutes (no-bake)
- Total Time: 1 hour 20 minutes
- Yield: 16 pinwheels (about 8 servings)
- Difficulty: Easy
- Intensity Level: Low (no cooking required; light mixing and rolling)

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Ingredients

For the Base

- 4 large flour tortillas (10-inch/25 cm), at room temperature
- 8 oz (225 g) cream cheese, softened
- ½ cup (120 g) sour cream or Greek yogurt
- 1 packet (1 oz/28 g) ranch seasoning mix (or 2 tbsp homemade ranch powder)

For the Veggie Filling

- ½ cup finely diced red bell pepper
- ½ cup finely diced green bell pepper
- ½ cup shredded carrots
- ½ cup finely chopped broccoli florets (raw or lightly steamed)
- ¼ cup finely diced red onion
- ¼ cup sliced black olives
- ½ cup shredded mozzarella or cheddar cheese

Optional Add-Ins

- ¼ cup chopped fresh spinach
- 1 small tomato, seeded and finely diced (drain well to avoid sogginess)

- Pinch of red pepper flakes for heat

Equipment

- Mixing bowl
- Spatula or spoon
- Cutting board and knife
- Plastic wrap or parchment paper
- Sharp serrated knife

Step-by-Step Instructions

Step 1: Prepare the Spread (5 minutes, low intensity)

In a medium mixing bowl, combine the softened cream cheese, sour cream (or Greek yogurt), and ranch seasoning. Mix with a spatula until smooth, creamy, and evenly blended. Intensity: Low — gentle stirring only.

Step 2: Chop the Vegetables (10 minutes, medium intensity)

Finely dice all vegetables. The key to perfect pinwheels is small, uniform pieces — large chunks make rolling difficult and cause the wraps to tear. Pat the diced vegetables dry with a paper towel to remove excess moisture. Intensity: Medium — focus on fine, even chopping.

Step 3: Assemble the Wraps (5 minutes, low intensity)

Lay one tortilla flat on a clean surface. Spread about 2–3 tablespoons of the cream cheese mixture evenly across the entire tortilla, leaving a ½-inch border around the edges. Sprinkle a quarter of the vegetables and cheese evenly over the spread. Intensity: Low — smooth, even spreading.

Step 4: Roll Tightly (2 minutes per wrap, low-medium intensity)

Starting from one edge, roll the tortilla tightly into a log, tucking the filling in as you go. Roll firmly but gently to avoid tearing. Wrap each log tightly in plastic wrap. Intensity: Low-Medium — steady, controlled pressure.

Step 5: Chill (60 minutes, no active effort)

Refrigerate the wrapped logs for at least 1 hour (up to 24 hours). Chilling is essential — it firms up the cream cheese and helps the pinwheels hold their shape when sliced. Intensity: None — passive chilling time.

Step 6: Slice and Serve (3 minutes, medium intensity)

Unwrap each log and place it on a cutting board. Using a sharp serrated knife, slice into 1-inch (2.5 cm) rounds with a gentle sawing motion. Wipe the knife clean between cuts for neat slices. Arrange on a platter and serve immediately, or secure each with a toothpick. Intensity: Medium — precise, gentle sawing.

Time & Intensity Summary

Stage	Time	Intensity
Prepare spread	5 min	Low
Chop vegetables	10 min	Medium
Assemble wraps	5 min	Low

Stage	Time	Intensity
Roll logs	8 min	Low–Medium
Chill	60 min	None
Slice & serve	3 min	Medium
Total	~1 hr 31 min	Easy / Low–Medium

Tips for Perfect Pinwheels

1. Dry your veggies. Excess moisture is the #1 cause of soggy pinwheels. Pat everything dry and drain tomatoes and olives well.

2. Soften the cream cheese. Cold cream cheese will tear the tortillas. Let it sit at room temperature for 30 minutes before mixing.

3. Roll tightly, but not too tight. You want a firm log without squeezing the filling out the ends.

4. Use a serrated knife. A sharp serrated blade slices cleanly through the tortilla without squashing the roll.

5. Chill before slicing. Never skip this step — it makes all the difference in presentation.

6. Make ahead. These keep beautifully in the fridge for up to 24 hours before slicing, making them ideal for parties.

Variations

- Mediterranean Twist: Swap ranch for hummus; use feta, cucumber, and roasted red peppers.

- Spicy Version: Add diced jalapeños and a dash of hot sauce to the cream cheese mixture.
- Protein Boost: Add thin slices of turkey or a sprinkle of crumbled bacon.
- Gluten-Free: Use gluten-free tortillas (warm them slightly first for easier rolling).

Storage

- Refrigerator: Store unsliced logs wrapped tightly for up to 24 hours, or sliced pinwheels in an airtight container for up to 2 days.
- Freezer: Not recommended — the vegetables release water upon thawing, making the texture soggy.
- Make-Ahead: Prepare logs the night before and slice just before serving.

Nutrition Information (Per Pinwheel, Approximate)

Based on 16 pinwheels per recipe, using sour cream and mozzarella.

Nutrient	**Amount**
Calories	~85 kcal
Total Fat	5.5 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	180 mg
Total Carbohydrates	6 g

Nutrient	Amount
Dietary Fiber	0.5 g
Total Sugars	1 g
Protein	2.5 g