



**20+**  
**PINWHEEL**  
**VARIATIONS**

**MADE IN A PINCH**

# Pinwheel Sandwich Variations

These “sandwiches” make fantastic lunches! My kids love them all year and love coming up with variations themselves! They also love piling on the toppings and helping to make them. We call them “roll ups” in our house!

Pinwheels fit well into a bento box or any other lunch container, and they offer a fun and different take on boring sandwiches! My kids love seeing the colors in the pinwheels, so it has helped them eat more veggies (I love that!)

**\*Note: using leftover rotisserie chicken saves time and tastes wonderful!**

**\*If you don't eat dairy or just need a change, consider using hummus or guacamole instead of cream cheese 😊**

## A quick guide to making pinwheel sandwiches:

- Start with softened cream cheese - we love using Greek Yogurt Cream Cheese to reduce fat and add a boost of protein (it tastes great!)
- Mix all creamy or liquid ingredients together (add in Ranch dressing mix as well as any spices, sauces, and small diced toppings: diced tomatoes, olives, green chiles, etc)
- all toppings will be placed on top of a tortilla (laid out flat on the counter).
- Then you will take one end and begin rolling toward the other, rolling up into a log.
- Make sure to collect all those toppings as you go!
- After you roll up your “log”, wrap it up in cling wrap and refrigerate for at least 30 minutes (up to overnight).
- Take out the “log” and remove the cling wrap
- Slice your “log” into slices from one end to the other, about 1/2 “ thick



## Ratios or amounts to use:

- For 1 pinwheel, use the following ratios. Adjust as needed for additional pinwheels:
  - 1 flour tortilla (you choose the flavor!)
  - 1-2 oz cream cheese (we love Greek Yogurt cream cheese)
  - 1 tsp ranch dressing mix and/or spices (if using)

- two large slices of turkey or ham
- 2 large slices of cheese or up to ¼ cup shredded cheese
- 3 tbsps each of any diced toppings
- ½ cup shredded lettuce
- start with 2 tbsp sauce (BBQ, enchilada) and add more if desired. Avoid making it too runny - it will get messy!



Turkey and cheese

### What kind of tortillas to use?

- Whole grain flour tortillas
- Spinach flour tortillas
- Sun-dried tomato flour tortillas
- White flour tortillas

## Pinwheel Variation Ideas:

### Poultry:

#### Turkey:

cream cheese  
turkey  
cheese  
lettuce  
tomato  
onion  
peppers  
avocado

#### Turkey Club:

cream cheese  
turkey  
cheese  
bacon crumbles  
lettuce  
tomato  
onion  
peppers

#### Turkey Ranch:

cream cheese  
ranch dressing mix  
turkey  
Swiss or cheddar  
green onions  
olives

#### Gyros:

cream cheese  
tzatziki sauce  
shredded chicken  
spinach  
diced tomatoes  
onion  
feta cheese  
olives

#### Southwest Chicken:

cream cheese  
shredded chicken  
taco sauce  
diced tomatoes  
green chiles (canned,  
well-drained)  
onion  
cilantro  
avocado

#### Enchiladas:

cream cheese  
taco seasoning  
enchilada sauce  
shredded chicken  
diced tomatoes  
shredded cheese  
green chiles (canned,  
well-drained)  
onion  
cilantro

#### BBQ Chicken:

cream cheese  
BBQ sauce (pick your fav)  
shredded chicken  
lettuce



## Beef and Pork:

### Ham:

cream cheese  
ham  
cheese  
lettuce  
tomato  
onion

### Ham and Bacon:

cream cheese  
ham  
cheese  
lettuce  
tomato  
onion  
bacon crumbles

### Salami:

cream cheese  
salami  
cheese  
lettuce  
tomato  
onion

### Roast Beef:

cream cheese  
roast beef  
cheese  
lettuce  
tomato  
onion

### Bacon, cheddar & Ranch:

cream cheese  
ranch dressing mix  
shredded cheddar  
bacon



Sun-dried tomato & basil

## Veggie/non-meat:

### Party pinwheels:

cream cheese  
ranch dressing mix  
green onions  
bell pepper  
olives  
shredded cheese

### Veggie pinwheels:

cream cheese  
sour cream  
shredded cheddar  
bell pepper  
olives  
parsley

### PB & Banana pinwheels:

peanut butter  
honey  
banana (don't slice ahead of time)

### PB&J:

A fun way to dress up PB&J!

### Sun-dried Tomato & basil:

cream cheese  
dash of onion powder  
sun-dried tomatoes (finely diced)  
fresh or frozen spinach  
basil leaves

## Combos:

### **BLT:**

cream cheese  
½ cup mayo  
bacon (cooked and  
crumbled)  
diced tomatoes  
lettuce

### **Italian BLT:**

cream cheese  
pepperoni  
finely diced sun-dried  
tomatoes  
lettuce

### **Turkey Jalapeño Bacon**

cream cheese  
cumin  
sliced turkey  
crumbled bacon  
shredded mozzarella cheese  
jalapeño slices (fresh or canned)

### **Turkey Bacon Ranch:**

cream cheese  
ranch dressing mix  
turkey  
Havarti cheese  
bacon crumbles  
lettuce