



Artichoke & Spinach Pinwheels

Quick and Easy Bite Sized Baked Pinwheels, With Flaky Crust and a Savory Spinach, Artichoke & Cheese Filling

These simple baked appetizers look super fancy, have a flavorful filling and only take 15-20 minutes to prep. What's not to love!?! We're cutting the prep time by using a store bought tube of Pillsbury refrigerated pizza dough.

Servings Info.:

Yields: 48 pinwheels
Servings: 48
Serving: 1 pinwheel



- last checked 12/10/21 -
Use your mobile device's 'Camera' App to look at this code for nutritional info.

Ingredients:

Dough:

- 1 (13.8oz) Pillsbury classic pizza crust. It comes in a tube, similar to Pillsbury biscuits. *(see notes)*

Filling/Spread:

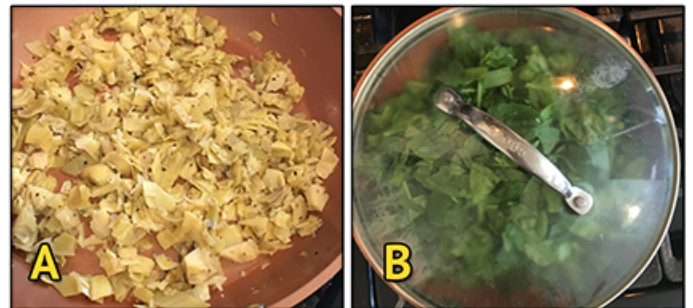
- 5 oz drained artichoke hearts in water. (see notes)
- 3 medium garlic cloves, minced
- 1/4 tsp 'robust' olive oil (see notes)
- 5-6 oz FRESH baby spinach, chopped. Do... Not... Use... Frozen!
- 1/3 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 1-1/2 tsp reduced fat parmesan cheese topping (like Kraft)
- 1 tsp worcestershire sauce
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp salt
- 1/8 tsp black pepper
- 1/2 cups part-skim mozzarella cheese, finely chopped

Additional Ingredients/Gear:

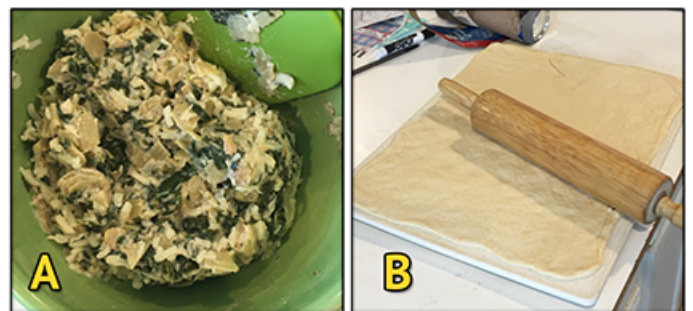
- 1-1/2 tsp flour, for dusting cutting board
- Parchment paper
- Large baking sheet pans (I used (2) 11"x17" pans)
- Butter flavored cooking spray



Directions:

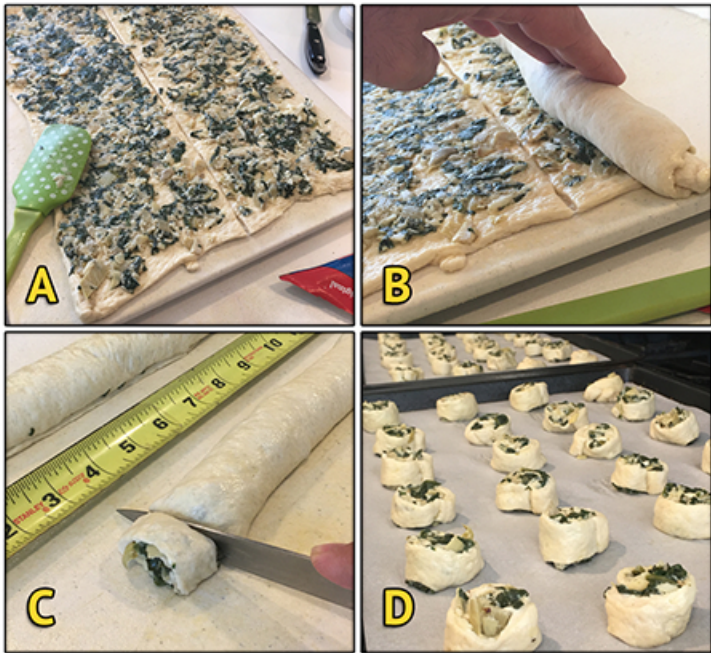


1. **(A)** Heat a pan over medium heat for 1 minute. Spray with cooking spray and add the olive oil, then add the chopped artichoke hearts and garlic. Cook for 3 minutes. **(B)** Place the chopped spinach on top of the artichoke/garlic mixture. Cover with a lid and cook for 2 minutes, letting the spinach begin to wilt. Remove lid, toss mixture, replace lid and cook for 1 more minute. Remove from heat.



2. **(A)** Place the cooked veggie mixture into a mixing bowl. Add the Greek yogurt, light mayo, parmesan topping, worcestershire, garlic powder, onion powder, salt, pepper and mozzarella. Mix to combine, set aside. **(B)** Dust a large cutting board with the flour, then remove the dough from the tube and place onto a cutting board. Unroll the dough, then carefully spread it out, to make a large rectangle. It might be a little tacky, but if it loses its shape around the corners, or tears slightly, simply press the dough together to get the correct shape. I used a rolling pin to stretch/flatten out the dough in all 4 directions. I was able to stretch/roll mine out to about 13"x16".

3. Preheat oven to 350 degrees and line large baking sheet pans with parchment paper. Now, back to work!



4. (A) Use a knife or pizza cutter to slice the large slab o' dough down the middle, lengthwise. Place half of the filling on each side, then smear it as best as you can, from edge to edge. (B) Carefully roll each of the two halves of dough into long log shapes. (C) Now's the "you do you" part. You can be totally OCD like I am, and bust out a measuring tape. Then, slice the rolled dough into 1/2" lengths. OR... you can be a sane person and just eyeball it. (D) Either way... once cut, arrange the sliced pieces onto parchment paper lined baking pans. These don't get huge, so it's ok to only leave about 1" between each one. I was able to get 48 appetizers from mine. If you get less, you may need to adjust your points. Spray the tops of the pinwheels with butter flavored cooking spray, then place into the oven. Bake at 350 degrees for 25 minutes. Done.

NOTES & SUGGESTIONS:

- **DOUGH:** As noted, I used a tube of Pillsbury 'original' pizza dough. It can be found in most major grocery stores, in most regions of the US. However, if you can't find it, feel free to use any type of similarly refrigerated Pillsbury (or store brand) dough.
- **Artichoke Hearts:** I used jarred artichoke hearts in water for my recipe. However, IF you only have access to artichoke hearts marinated in oil... rinse them reeeeepeatedly under water. Rinse off all of the oil, so you can count them as 0 points.
- **Spinach:** I show "5-6 ounces" of spinach, because I'm not going to be a stickler on it. Some stores sell larger bags of spinach than others. Use what you have access to. With that said... fiiiiiiiiiiiiine, you CAN use frozen spinach... but, c'mon... it sucks! It's all soggy and yuckie. At the very least, thaw it and drain out as much liquid as you possibly can from it.
- **'Robust' Olive Oil?:** When you go to the store and look at the different olive oils, you'll often see words such as "robust" or "bold" on the label. Get that. My recipes use such a small amount of oil, that you want to use a bottle with a very pronounced flavor, to make sure you get a hint of it with such a small amount.
- **Sundried Tomatoes:** You can add additional ingredients into the filling. If I had to do it again, I'd snazzy these up even more, by adding some jarred sundried tomatoes into the filling also. HOWEVER.... though jarred sundried tomatoes IN OIL have points, sundried tomatoes WITHOUT OIL are listed as 0 points. So, buy a jar of sundried tomatoes, then place them in a colander. Rinse them off under water to remove the oil. Seriously, rinse them with a vengeance. If you think you've rinsed all the oil off... rinse them some more. You want to remove all that marinating oil, so you can count them as 0. If you are lucky, you might be able to find a package of vacuum sealed sundried tomatoes without oil. However, not all stores carry them (Trader Joes does).
- **Saucy:** As mentioned, these are fine as-is... but they are meant to be served with a dip of some type. When I made these, I made a quick batch of 0 point marinara sauce (for the picture). They tasted aaaawesome with marinara sauce, for dipping.
- **CUSTOMIZATION:** These would be extremely easy to customize for tons of flavor and filling variations. Want Southwestern? Use black beans, corn, chiles and some minced chicken. Lookin' for Greek? Replace the mozzarella with reduced fat feta. There are hundreds of filling ideas out there, Google is your friend.

