

BROCCOLI AND CHEDDAR PINWHEELS

Makes 8, and doubles well

Cooking time: 1 hour (20 minutes active)

Among my mom-testers, this was by far the most popular recipe in this chapter. It's easy to assemble, and the secret ingredient—Dijon mustard—gives it a nice zip.

1 pound prepared pizza dough, white or whole wheat

2½ cups finely chopped broccoli, or one 10-ounce package of frozen chopped

broccoli, defrosted and finely chopped

If you don't mind the additional cleanup, you can do the fine-chopping by pulsing in the food processor. It's important that the pieces be quite small, or you'll have trouble in the assembly.

1 to 2 cups shredded Cheddar cheese, depending on how much you like cheese

1 tablespoon Dijon mustard

Salt and pepper

Preheat oven to 425°F. Line or grease a baking sheet.

1. Remove pizza dough from the refrigerator 30 minutes to 1 hour before you plan to use it.
2. Steam the broccoli until just tender, 5 to 6 minutes. Cool slightly, then combine broccoli with the Cheddar, mustard, and salt and pepper to taste.
3. Roll or stretch the dough on a floured work surface into a large rectangle, about 10 x 14 inches. Don't worry if you can't get those exact measurements, but take care not to stretch the dough so thin it rips.
4. Spread the broccoli mixture over about three-quarters of the dough, leaving an uncoated portion at one short side. Begin to roll the dough from the short side covered with the broccoli spread, and keep rolling until you've got a nice, neat log of dough.
5. Using a serrated knife or a pastry scraper, cut the log into 8 equal pinwheels. Carefully lay the pinwheels flat on the prepared baking sheet, and bake until crust is golden brown and the cheese is melted, 15 to 20 minutes.

MAKE BABY FOOD: If your baby's still on purees, reserve a portion of the broccoli-cheese mixture and blend it with a bit of milk or broth. If you're on finger foods, simply cut the pinwheel into itty-bitty pieces.

MAMA SAID

“Oh these were so good. And easy to make! They were cheesy, doughy, delicious, and the mustard was a surprise treat. I prepared these by myself while solo-parenting, and had no problems whipping them together. I loved them, couldn't stop eating them, and my toddler loved them too. What a great way to get little ones to eat broccoli if they normally won't!”
—Heather M., mom of one, Los Gatos, CA