350°F. Separate dough Firmly press perforais each to form 6-inch ich square with mustard of edges. Top with ham up. Press to seal ends rolls seam side down ikie sheet.

for 16 to 21 minutes own.

elt butter in medium m heat. Add apple; cook tender, stirring occasionugar and cinnamon; elly until melted. Cook bubbly, stirring occasionixture over roll-ups.

TION PER SERVING:

)	Calories from Fat	230	
g ) g ) mg ) mg g g g	% DAILY VALUE 38% 50% 20% 60% 21% 8%		
	Vitamin C	2%	
	Iron	10%	





Ham and Swiss Crescent Braid

Lorraine Maggio Manlius, New York

## Ham and Swiss Crescent Braid

Pictured above

Prep Time: 15 minutes (Ready in 55 minutes)

3/4 lb. cooked ham, chopped (21/4 cups)
1 cup Green Giant Select\* Frozen 100% Broccoli Florets, thawed\*
4 oz. (1 cup) shredded Swiss cheese
1 (4.5-oz.) jar Green Giant\* Sliced Mushrooms, drained

1/2 cup mayonnaise or salad dressing 1 tablespoon honey mustard

2 (8-oz.) cans Pillsbury\* Refrigerated Reduced Fat or Regular Crescent Dinner Rolls

1 egg white, beaten 2 tablespoons slivered almonds

Heat oven to 375°F. Use ungreased large rectangular baking stone or spray cookie sheet with nonstick cooking spray. In large bowl, combine ham, broccoli, cheese, mushrooms, mayonnaise and mustard; mix well.

2 Unroll both cans of dough. Place dough with long sides together on ungreased baking stone, forming 15×12-inch rectangle. Press edges and perforations to seal.

3 Spoon and spread ham mixture in 6-inch strip lengthwise down center of dough. With scissors or sharp knife, make cuts 1½ inches apart on long sides of dough to within ½ inch of filling. Twisting each strip once, alternately cross strips over filling. (See diagram.) Tuck ends under; press to seal. Brush dough with beaten egg white; sprinkle with almonds.

4 Bake at 375°F. for 28 to 33 minutes or until deep golden brown. Cool 5 minutes. Cut into crosswise slices.

## 8 servings

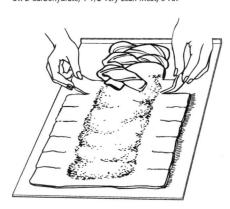
TIP:

\*To quickly thaw broccoli, place in colander or strainer; rinse with warm water until thawed. Drain well.

NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1/8 of Recipe							
Calories	430		Calories from Fat	240			
	% DAILY VALUE						
Total Fat	27	q	42%				
Saturated	7	g	35%				
Cholesterol	40	mg	13%				
Sodium	1270	ma	53%				
Total Carbohydrate	28	a a	9%				
Dietary Fiber	1	ğ	4%				
Sugars	6	g					
Protein	18	ğ					
Vitamin A	4%		Vitamin C	4%			
Calcium	15%		Iron	10%			

DIETARY EXCHANGES: 2 Starch, 1-1/2 Very Lean Meat, 5 Fat OR 2 Carbohydrate, 1-1/2 Very Lean Meat, 5 Fat



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