

350°F. Separate dough
Firmly press perfora-
s each to form 6-inch
ch square with mustard
of edges. Top with ham
up. Press to seal ends
rolls seam side down
kie sheet.
for 16 to 21 minutes
rown.

elt butter in medium
m heat. Add apple; cook
tender, stirring occasion-
ugar and cinnamon;
lly until melted. Cook
bubbly, stirring occasion-
ixture over roll-ups.

UTION PER SERVING:

Calories from Fat 230

% DAILY VALUE	
g	38%
g	50%
mg	20%
mg	60%
g	21%
g	8%
Vitamin C 2%	
Iron 10%	

tarch, 2 Fruit, 2-1/2 Very Lean Meat,
e, 2-1/2 Very Lean Meat, 4-1/2 Fat



Ham and Swiss Crescent Braid

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Ham and Swiss Crescent Braid

Pictured above

Prep Time: 15 minutes (Ready in 55 minutes)

- 3/4 lb. cooked ham, chopped (2 1/4 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.
- 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.
- Spoon and spread ham mixture in 6-inch strip lengthwise down center of dough. With scissors or sharp knife, make cuts 1 1/2 inches apart on long sides of dough to within 1/2 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.

- 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 g		42%
Saturated	7 g		35%
Cholesterol	40 mg		13%
Sodium	1270 mg		53%
Total Carbohydrate	28 g		9%
Dietary Fiber	1 g		4%
Sugars	6 g		
Protein	18 g		
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

