



## Ham & White Cheddar Croissant Roll-Up

**Prep: 10 minutes**

**Bake: 10 minutes • Serves: 4**

- ¼ cup unsalted butter, softened
- 2 tablespoons honey
- 2 large croissants, cut in half lengthwise
- 8 slices deli ham
- 1 cup fancy shredded sharp white Cheddar cheese
- 2 tablespoons thinly sliced green onions

1. Preheat oven to 350°. In small bowl, stir butter and honey.
2. With rolling pin, flatten croissants to ¼-inch thick; spread with butter mixture and top with ham, cheese and onions. Starting from long end, roll up.
3. Place roll-ups, seam side down, on rimmed baking pan; bake 10 minutes or until heated through and cheese melts.

*Approximate nutritional values per serving:  
400 Calories, 28g Fat (16g Saturated), 88mg Cholesterol,  
562mg Sodium, 25g Carbohydrates, 0g Fiber, 13g Sugars, 13g Protein*

### Dietitian's Dish

- > Looking for something less indulgent? Swap the buttery croissant with a whole grain pita or flatbread.



## Bacon & Egg Salad Croissant Roll-Up

**Prep: 25 minutes**

**Bake: 15 minutes • Serves: 4**

- 4 large eggs
- 3 slices bacon
- ¼ cup mayonnaise
- 3 tablespoons shredded Parmesan cheese
- 1½ tablespoons Dijon mustard
- ¼ cup chopped Roma tomato
- 1½ tablespoons minced celery
- 1½ tablespoons minced red onion
- 2 large croissants, cut lengthwise half
- ½ cup baby arugula

**1.** Preheat oven to 350°. Place eggs in saucepan large enough to hold them in a single layer; add enough water to cover. Heat to a boil over medium-high heat; cover and remove from heat. Let stand 10 minutes; drain and run under cold water until cool enough to handle. Peel eggs; coarsely chop.

**2.** Place bacon in single layer on parchment-lined rimmed baking pan; bake 15 minutes or until crisp. Cool and chop.

**3.** In large bowl, stir mayonnaise, cheese and mustard; fold in tomato, celery, onion, eggs and bacon. Makes about 3 cups.

**4.** With rolling pin, flatten croissants to ¼-inch thick; top with arugula and egg mixture. Starting from long end, roll up.

*Approximate nutritional values per serving:*

*371 Calories, 27g Fat (9g Saturated), 225mg Cholesterol,  
658mg Sodium, 17g Carbohydrates, 1g Fiber, 5g Sugars, 13g Protein*



## Chicken & Broccoli Croissant Roll-Up

**Prep: 10 minutes**

**Bake: 10 minutes • Serves: 4**

- 1 cup chopped rotisserie chicken
- ½ cup small broccoli florets
- ¼ cup cream cheese, softened
- ¼ cup fancy shredded mild Cheddar cheese
- 2 large croissants, cut in half lengthwise

**1.** Preheat oven to 350°. In medium bowl, stir chicken, broccoli and cheeses.

**2.** With rolling pin, flatten croissants to ¼-inch thick; top with chicken mixture. Starting from long end, roll up.

**3.** Place roll-ups, seam side down, on rimmed baking pan; bake 10 minutes or until heated through and cheese melts.

*Approximate nutritional values per serving:*

*274 Calories, 17g Fat (9g Saturated), 69mg Cholesterol,  
314mg Sodium, 17g Carbohydrates, 0g Fiber, 4g Sugars, 12g Protein*