



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.