

## Parmesan Spinach Roll-Ups



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Finalist in the 2000 Pillsbury Bake-Off® Contest

*Prep Time: 20 minutes (Ready in 45 minutes)*

- 1 egg
- 2 (10.6-oz.) pkg. Pillsbury®: Refrigerated Parmesan Breadsticks
- 1 (1-lb.) pkg. Green Giant® Frozen Cut Leaf Spinach, thawed, squeezed to drain\*
- 2 oz. (1/2 cup) shredded mozzarella cheese
- 1 teaspoon lemon juice
- 1 tablespoon Pillsbury BEST® All Purpose or Unbleached Flour

1. Heat oven to 350 degrees F. Lightly grease cookie sheets or use ungreased baking stone. In medium bowl, combine egg and contents of both containers of Parmesan spread from breadsticks; beat well with wire whisk. Add spinach, cheese and lemon juice; mix well.

2. Sprinkle work surface with flour. Unroll dough onto floured surface. Separate into 20 breadsticks. Press or roll each breadstick to form 7x1 1/2-inch strip.

3. Spread each strip with about 1 tablespoon spinach mixture. Roll up, starting at shortest end; pinch end of dough to seal. Place rolls, cut side up, 3 inches apart on lightly greased cookie sheets.

4. Bake at 350 degrees F. for 20 to 25 minutes or until golden brown. Serve warm.

20 appetizers

TIP: \*To quickly thaw spinach, place in colander or strainer; rinse with warm water until thawed. Squeeze dry with paper towels.

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NUTRITION INFORMATION PER SERVING:

SERVING SIZE: 1 Appetizer

Calories 110                      Calories from Fat 45

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		% DAILY VALUE	
Total Fat	5 g	8%	
Saturated	1 g	5%	
Cholesterol	15 mg	5%	
Sodium	300 mg	13%	
Total Carbohydrate	12 g	4%	
Dietary Fiber	1 g	4%	
Sugars	1 g		
Protein	5 g		

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Vitamin A	20%	Vitamin C	4%
Calcium	8%	Iron	6%

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DIETARY EXCHANGES: 1 Starch, 1 Fat OR 1 Carbohydrate, 1 Fat