

Egga Pinwheels

(from hungry-girl.com)

- 1 cup egg substitute (like Egg Beaters®)
- 1 package Pillsbury® Crescent Recipe Creations Seamless Dough Sheet
- 4 oz (about 16 slices) shaved/thinly sliced lean deli ham
- 3 slices fat-free American cheese, broken into pieces

Preheat oven to 350 degrees F.

Brink a skillet sprayed with nonstick spray to medium heat on the stove. Add egg substitute and scramble until fully cooked. Remove from heat and set aside. Prepare a baking sheet by spraying it with nonstick spray and set aside.

Roll out entire package of dough and lay it flat on a dry surface so you have a large rectangle. The shorter sides should be on the right and left. Evenly distribute ham slices over the dough leaving a 2-inch border of exposed dough along the right side only. Evenly distribute the scrambled egg substitute over the ham and sprinkle with cheese pieces. Starting with the left side, roll the dough tightly into a log. Seal by pinching together the right edge and the roll itself. Using a sharp serrated knife, slice the log into 8 pinwheels. Lay the pinwheels flat on the baking sheet, spacing evenly.

Bake for 15 minutes until golden brown. Allow to cook slightly and then enjoy. Makes 8 servings.

Nutrition information per serving: 134 calories, 8.5 grams protein, 5 grams fat, 14 grams carbohydrate, 3 grams sugar, 555 mg sodium.