

Sopapilla Cheese

2 cans Pillsbury butter crescent rolls
2 8oz packages cream cheese, fat-free, softened
2 cups cottage cheese, fat-free
1 cup Splenda or other non-calorie sweetener
1 teaspoon vanilla
Spray margarine
1 Tbsp. cinnamon

Unroll and spread 1 can crescent rolls on bottom of ungreased 9" x 13" pan. Combine softened cream cheese, cottage cheese, vanilla, and $\frac{3}{4}$ cup Splenda, and mix on medium speed until smooth and creamy. Spread mixture over crescent rolls. Unroll and spread remaining crescent rolls over mixture. Spray margarine over the top. Mix together remaining $\frac{1}{4}$ cup Splenda and cinnamon, then sprinkle on top. Bake at 350 degrees for 20-30 minutes. Makes 16 servings.

Nutrition information per serving: 142 calories, 7 grams protein, 6 grams fat, 14 grams carbohydrate, 894 mg sodium.

