

Appetizers

Broccoli Ham Ring

Janet Dishong

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Servings: 6

2 tubes (8 oz ea) refrigerated crescent roll dough

1 1/2 cups (6 oz) shredded swiss cheese

1/4 pound (1/2 cup) fully cooked ham, diced

2 1/4 cups fresh broccoli, chopped

1 small onion, chopped

1/4 cup fresh parsley, minced

2 tablespoons Dijon mustard

1 teaspoon lemon juice

Unroll crescent roll dough and place triangles on a 12-inch pizza pan; forming a ring with pointed ends facing outer edge of pan and wide ends overlapping. Lightly press wide ends together.

Combine the remaining ingredients; spoon over wide ends of rolls. Fold points over filling and tuck under wide ends (filling will be visible).

Bake at 375 degrees for 20-25 minutes or until golden brown.

Per Serving (excluding unknown items): 128 Calories; 8g Fat (56.1% calories from fat); 10g Protein; 5g Carbohydrate; 2g Dietary Fiber; 26mg Cholesterol; 147mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.