Easy Sausage Rolls

1/4 of recipe (2 rolls): 140 calories, 3g total fat (1.5g sat. fat), 362mg sodium, 15.5g carbs, 1g fiber, 2.5g sugars, 10.5g protein

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Prep: 15 minutes **Cook:** 20 minutes

Chill: 15 minutes

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Ingredients

1/2 cup self-rising flour, plus more for dusting
1/2 cup fat-free plain Greek yogurt
2 frozen meatless or turkey sausage patties with 80 calories or less, thawed and finely chopped
1/2 cup light/low-fat ricotta cheese
1/4 tsp. garlic powder
1/4 tsp. onion powder
Optional toppings: sesame seeds, everything bagel seasoning, dried minced onion
Optional dip: honey mustard

Directions

Preheat oven to 400ºF. Spray a baking sheet with nonstick spray.

In a large bowl, mix flour with yogurt until dough forms. Cover and refrigerate for 15 minutes.

Place thawed & chopped sausage in a medium bowl. Add ricotta, garlic powder, and onion powder. Mix thoroughly.

On a well-floured surface, roll out dough into a rectangle, about 9” X 6” and 1/4 inch thick.Place sausage filling on the dough in a long row across the center. Fold dough over the filling, forming a log about 3” thick, and pinch the seam to seal. Turn log seam side down, and cut into 8 rolls.

Place rolls on the baking sheet, seam sides down. If using optional topping, spray the tops of the rolls with nonstick spray, then sprinkle with seasoning.

Bake until light golden brown and cooked through, 16–18 minutes.

MAKES 4 SERVINGS

HG Tip: The dough is easier to work with if you make it a day or two in advance.

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