



Jalapeño Popper Pinwheels



1/4 of recipe (2 pinwheels): 102 calories, 2.5g total fat (1.5g sat. fat), 332mg sodium, 13.5g carbs, <0.5g fiber, 1.5g sugars, 6g protein

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



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Ingredients

1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
3 tbsp. whipped cream cheese
1 1/2 tbsp. [precooked crumbled bacon](#)
1 tbsp. shredded reduced-fat cheddar cheese
1 tbsp. canned diced jalapeño, drained
1/8 tsp. garlic powder
1/8 tsp. onion powder

Directions

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

In a large bowl, mix flour with yogurt until dough forms.

To make the filling, combine remaining ingredients in a medium bowl. Mix well.

Roll out dough into a rectangle, about 7" X 5" and 1/4 inch thick. Top dough with filling, leaving a 1/2-inch border. Tightly roll up dough lengthwise into a log, and pinch the seam to seal. Turn log seam side down, and cut into 8 rolls.

Place rolls on the baking sheet, and spray them with nonstick spray. Bake until light golden brown and cooked through, about 15 minutes.

MAKES 4 SERVINGS

HG Dough Tips: To prevent sticking, lightly dust your hands and work surface with flour and refrigerate dough for at least 5 minutes. The dough is easier to work with if you make it a day or two in advance.

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