ham and cheese crescents with vegetables and dip

TOTAL TIME
25 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Add flavored applesauce and pickle spears for a side to the sandwiches. Finish with assorted Publix Bakery Cookies for dessert.

SHOPPING LIST

Dairy
1 (8-oz) can refrigerated crescent rolls
1/4 cup shredded Cheddar cheese

Deli
4 slices Publix Deli Tavern Ham

Dry Grocery
1/2 cup ranch salad dressing

Produce
1 cup baby carrots
1 cup broccoli florets
1 cup cauliflower florets

Suggested Items
cookies
flavored apple sauce
pickles

PUBLIX Aprons SIMPLE MEALS

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COOKING SEQUENCE

- Preheat oven to 375°F
- Prepare crescents and place in oven: 10 minutes
- Assemble vegetables and dip and finish baking crescents: 10 minutes

ham and cheese crescents

INGREDIENTS

1 (8-ounce) can refrigerated crescent rolls
8 ounces Deli Tavern Ham slices
1/4 cup shredded Cheddar cheese

STEPS

1. Preheat oven to 375°F. Separate dough into 8 triangles, pressing slightly to stretch, without tearing.
2. Place ham on wide end of each crescent. (Cut slices in half, if needed.) Top with 1/2 tablespoon cheese. Tuck wide ends over ham and cheese; fold up, forming a completely enclosed pocket of dough around filling. Place point down on ungreased baking sheet.
3. Bake 11–13 minutes or until golden. (Be careful; filling may be very hot.) Serve. Note: Crescents may be made earlier in day through step 2 and refrigerated on baking sheet. Bake when ready to serve.

CALORIES (per 1/4 recipe) 290kcal; FAT 16g; CHOL 25mg; SODIUM 691mg; CARB 23g; FIBER 0g; PROTEIN 12g; VIT A 2%; VIT C 0%; CALC 5%; IRON 9%

vegetables and dip

INGREDIENTS

1 cup baby carrots
1 cup broccoli florets
1 cup cauliflower florets
1/2 cup ranch salad dressing

STEPS

1. Assemble vegetables on plate.
2. Pour dressing into dipping bowl and place in center of plate. (Makes 6 servings.)

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