

Golden Harvest Crescent Rolls

Ingredients

2 cups reduced fat
Bisquick *or* biscuit mix
1 cup cooked*, mashed
butternut squash
1 Tablespoon butter
flour for board
vegetable oil spray

Makes 16 servings

*Notes: To cook butternut squash:

Boiled: Peel and remove seeds and stringy parts. Cut into 1 inch cubes and place in saucepan with 1 inch of water, cook until tender.

Baked: Cut in half, Remove seeds and stringy parts. Place cut side down in shallow baking dish. Add small amount of water, ($\frac{1}{4}$ - $\frac{1}{2}$ inch). Bake until tender (40-60 minutes at 375 °F). Scoop flesh from skin.

Instructions

1. Spray baking sheet with vegetable oil spray. Set aside. Preheat oven to 425 °F.
2. Melt butter, set aside.
3. In a mixing bowl, combine Bisquick and squash. Stir gently until soft dough forms.
4. Divide dough in half, forming a large ball with each piece.
5. Place one ball on a lightly floured surface and roll out into a circle, until $\frac{1}{4}$ inch thick.
6. Cover surface of dough with $\frac{1}{2}$ Tablespoon melted butter using a pastry brush.
7. Cut dough into 8 equal wedges.
8. Roll each wedge from wide end to tip to form a crescent roll, place on prepared baking sheet.
9. Repeat steps 5 - 8 with remaining dough.
10. Bake for 10-12 minutes. Remove from baking sheet and cool on rack or serve warm.

Notes:

- After step 7, sprinkle dough with your favorite herb, or spice blend. Try varying your blend for a variety.
- Substitute canned pumpkin for squash.

Nutrition Facts

Serving Size 1 Roll
Servings Per Container 16

Amount Per Serving

Calories 70 **Calories from Fat 15**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 1g

Vitamin A 10% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

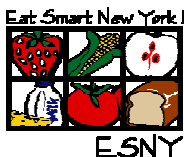
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

19% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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