Ham and Cheese Pinwheels

Ham and Cheese Pinwheels



Recipe adapted from Sandy at Let's Get Fit With Sandy on YouTube

Sandy's Cook With Me: https://youtu.be/RZVugEwL JE

Makes 12 pinwheels — 3 points per pinwheel on all 3 plans

You can substitute prepackaged pizza dough — just adjust the points!

DOUGH

- 2 cups all purpose flour
- 3/4 cup non fat plain greek yogurt
- 1 2 tsp dry yeast
- 2 tsp baking powder
- •1 tsp salt
- 1/2-3/4 cup water

Filling

- 8 oz deli ham (I use Krakus brand adjust points for your brand), chopped
- 4 oz part skim mozzarella cheese, shredded
- 4 Tbsp dijon mustard or mustard of choice (can also use pizza sauce or honey mustard salad dressing)
- 2 tsp poppy or sesame seeds

For Dough

- In a large bowl, combine flour, yeast, baking powder, and salt.
- 2. Add in yogurt and stir until combined.
- 3. Add water, starting with 1/4 cup, add more until a dough forms
- 4. Knead for 2 minutes.
- 5. Let rise for a minimum of 30 minutes.

Assembly

- 1. Heat oven to 375.
- 2. Spray a cookie sheet with sides with non stick spray
- 3. Roll out pizza dough into a 15×10 rectangle.
- 4. Brush on 1/2 the mustard
- 5. Sprinkle on the chopped ham and the cheese.
- 6. Fold the short ends in a little, then roll from the long in, jelly roll style and pinch the ends.
- 7. Cut jellyroll into 12 equal slices and lay cut side down on the prepared baking sheet. Brush remaining mustard onto slices and sprinkle with sesame seeds.
- 8. Bake for 25-30 minutes.