

Ham and Cheese Pinwheels

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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
- 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

1. 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.