



De-Pudged Pigs in a Blanket



1/8th of recipe (4 pigs in a blanket): 134 calories, 5g total fat (1g sat. fat), 652mg sodium, 16g carbs, 0g fiber, 3g sugars, 8g protein

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Prep: 25 minutes **Cook:** 15 minutes



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Ingredients

8 fat-free (or nearly fat-free) franks with 40 - 45 calories each (like Hebrew National 97% Fat Free)
1 package refrigerated Pillsbury Reduced Fat Crescent rolls (unprepared)
Flour, for dusting

Directions

Preheat the oven to 375 degrees.

Cut each hot dog into 4 even pieces. Set aside. Place the eight triangle-shaped portions of dough on a lightly floured work surface.

One at a time, stretch or roll each triangle out slightly, making it into a larger triangle. Cut each piece of dough into four long, narrow triangles. Beginning at the base of each of these triangles, roll up one hot dog piece in each until the point of the triangle wraps around the center. Place your blanketed pigs on a large, ungreased baking sheet.

Repeat with remaining ingredients, so that you have 32 pigs in a blanket. Be sure to evenly space them, as the dough will expand while baking.

Place sheet in the oven and cook until dough appears slightly browned and crispy, about 12 minutes.

If you like, serve with mustard for dipping. Enjoy!

MAKES 8 SERVINGS

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