



Herb and Cheese Pockets

Info:

Makes 6 Servings 155 Calories per Serving

LOW CAL **SPICY**

Ingredients:



- ❖ 2oz Fat Free Cream Cheese
- ❖ 2oz Reduced Fat Onion & Chive Cream Cheese
- ❖ 1 Tbsp Skim Milk
- ❖ 1 Garlic Clove, minced
- ❖ ½ Tbsp Basil
- ❖ ½ tsp Thyme
- ❖ 1 tsp Salt
- ❖ ½ tsp Pepper
- ❖ 2 tsp Hot Pepper Sauce (optional)
- ❖ ¼ Cup Artichoke Hearts, canned and water packed
- ❖ ¼ Cup Roasted Red Peppers
- ❖ 1 Tube Refrigerated Reduced-Fat Crescent Rolls
- ❖ Cooking Spray

Preparation:



1. Put the crescent rolls aside and put all other ingredients in a food processor and mix until fully combined. If you don't have a food processor chop the roasted red peppers and artichoke hearts finely and combine in a mixing bowl
2. Refrigerate mixture for 1 hour
3. Unroll the tube of crescent rolls without separating the individual pieces
4. Preheat oven to 375°
5. Using a rolling pin, roll the rectangle out to 16"x12" sealing all seams and perforations
6. With a pizza cutter make 12 squares by making 2 cuts lengthwise and 3 cuts widthwise
7. Place about a tablespoon of the cheese and herb mixture into the center of each dough square
8. Fold over making a triangle and seal at the edges, make sure there are no holes the cheese can escape, it will burn in the oven
9. Place the pockets on a lightly sprayed baking sheet
10. Bake 10-15 minutes