

SAVORY PUMPKIN CRESCENT ROLLS

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 16 (Serving = 1 roll)

Nutrition (per serving)

Calories: 110

Total Fat: 4 g

Saturated Fat: 1.5 g

Sodium: 240 mg

Total Carbohydrate: 14 g

Dietary Fiber: 0 g

Total Sugars: 3 g

Added Sugars: 2 g

Protein: 3 g

PREP TIME: 10 min

COOK TIME: 25 min

TOTAL TIME: 35 min



Ingredients

- ½ Tablespoon olive oil
- 1/3 cup chopped yellow onion
- 1/3 cup canned 100% pure pumpkin
- 1/3 cup shredded Gouda cheese
- 1 teaspoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 2 - 8-ounce cans of reduced fat crescent rolls



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Directions

1. Preheat oven to 375 degrees and line one large baking sheet with parchment paper.
2. In a medium sized saucepan, heat olive oil over medium heat. Add in yellow onion and reduce heat to low. Cook for about 10-12 minutes, stirring often, until the onion has caramelized.
3. To a small mixing bowl, add the caramelized onion, pumpkin, Gouda cheese, thyme, garlic powder, and black pepper. Mix to combine.
4. Unroll the crescent roll dough, cut along the perforated lines and pull apart to form 16 triangles. Place triangles on prepared baking sheet. Add about 1 teaspoon of the pumpkin mixture to each triangle and spread it out with the back of a spoon.
5. Starting at the wide end of the triangle, roll up dough to form a crescent roll. Repeat for all triangles. Bake for 10 – 12 minutes.
6. Garnish with fresh thyme leaves and serve.