

## Beef Pinwheels



Total recipe time: 30 minutes Makes 72 appetizers

### Ingredients

1. 1 package (16 to 24 ounces) fully-cooked boneless beef pot roast with gravy
2. 1/2 cup shredded asiago cheese
3. 1 package (17.3 ounces) frozen puff pastry (2 sheets), defrosted
4. 4 green onions, cut in half lengthwise, then cut into thin long strips

### Instructions

1. Heat beef pot roast with gravy in microwave according to package directions. Remove pot roast from container; discard gravy. Shred pot roast in large bowl with 2 forks; stir in cheese. Set aside.
2. Heat oven to 400°F. Spray 2 metal baking sheets with nonstick cooking spray. Unfold each puff pastry sheet onto lightly floured surface.
3. Cut in half with sharp knife or pizza cutter to make four 10 X 4-3/4 inch rectangles.
4. Working with 1 rectangle at time, place a long side in front of you. Place 1/4 of the beef mixture onto pastry, leaving a 1/2 inch border on the long side closest to you. Lay 1/4 of the green onion strips lengthwise over beef mixture. Roll up pastry jelly-roll fashion starting with long side opposite you. Brush water along border and seal pastry. Repeat with remaining pastry, beef mixture and green onions.
5. Cut pastry rolls crosswise into 1/2-inch thick slices, forming pinwheels. Arrange 1 inch apart on prepared baking sheets. Bake in 400°F oven 15 to 17 minutes or until golden brown, rotating pans halfway through baking. Transfer pinwheels to wire rack; cool slightly. Serve warm.

### Nutritional Information Per Serving

45 calories; 2 g fat(1 g saturated fat; 1 g monounsaturated fat); 4 mg cholesterol; 33 mg sodium; 4 g carbohydrate; 0.0 g fiber; 2 g protein; 0.4 mg niacin; 0.0 mg vitamin B<sub>6</sub>; 0.1 mcg vitamin B<sub>12</sub>; 0.3 mg iron; 1.4 mcg selenium; 0.3 mg zinc.