

ASPARAGUS BRUNCH POCKETS

Prep Time: 20 minutes Total time: 35 minutes
Makes: 8 Servings

What you need

1 pound fresh asparagus, trimmed and cut into 1-inch pieces
4 ounces low fat cream cheese, softened
1 tablespoon skim milk
1 tablespoon mayonnaise
1 tablespoon diced pimientos
1 tablespoon finely chopped onion
1/8 teaspoon salt
Pinch pepper
1 tube (8 ounces) low fat refrigerated crescent rolls
2 teaspoons butter, melted
1 tablespoon seasoned bread crumbs

Make it

- 1) In a large saucepan, bring ½ in. of water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and set aside.
- 2) In a small bowl, beat the cream cheese, milk and mayonnaise until smooth. Stir in the pimientos, onion, salt and pepper.
- 3) Unroll crescent dough and separate into triangles; place on an un-greased baking sheet. Spoon 1 teaspoon of cream cheese mixture into the center of each triangle; top with asparagus. Top each with another teaspoonful of cream cheese mixture. Bring three corners of dough together and twist; pinch edges to seal.
- 4) Brush with butter; sprinkle with bread crumbs. Bake at 375 degrees for 15-18 minutes or until golden brown. Yield: 8 servings.

Nutrition Information

Calories	180	Carbohydrate	14g
Dietary Fiber	1g	Fat	10g
Protein	4g	Sodium	338mg