

Chicken-Apple Pigs-In-A-Blanket

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Servings: 4

1 tube (8 ounce) crescent roll dough

1 large egg, beaten

1 cup sharp cheddar cheese, shredded

1 package (12 ounce) precooked chicken-apple sausages

honey mustard (for serving)

poppy seeds or sesame seeds (for topping) (optional)

Preheat the oven to 375 degrees.

Line a baking sheet with parchment paper.

Unroll the crescent roll dough on a work surface. Separate into four rectangles made up of two triangles each. Press the triangles together at the perforations. Brush lightly with some of the beaten egg. Sprinkle the cheese over the dough rectangles and press lightly to adhere.

Place a sausage along a short end of one dough rectangle and roll up tightly, pressing the dough around the sausage to eliminate any gaps. Pinch the seam to seal. Repeat with the remaining sausages and dough rectangles. Using a serrated knife, cut each dough-wrapped sausage into four pieces.

Place the sausages, seam-side down, on the baking sheet and brush the dough with more beaten egg.

If desired, brush the dough-wrapped sausages with beaten egg, then sprinkle with poppy seeds or sesame seeds before baking.

Bake until the dough is puffed and browned and the sausages are heated through, 18 to 20 minutes.

Serve with honey mustard for dipping.

Per Serving (excluding unknown items): 133 Calories; 11g Fat (72.5% calories from fat); 9g Protein; trace Carbohydrate; 0g Dietary Fiber; 83mg Cholesterol; 193mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Fat.