

## Appetizers

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# Sausage Pinwheels

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**1/2 pound sausage, crumbled**  
**1/2 onion, chopped**  
**2 tablespoons parsley**  
**1 sheet frozen puff pastry, thawed**

Preheat oven to 300 degrees.

Roll out the puff pastry to a 14-inch square.

In a skillet, cook the sausage, onion and parsley until the sausage is no longer pink.

Spread the sausage mixture evenly on the puff pastry.

Roll up the pastry.

Slice the roll into 1-inch rounds.

Place the rounds on a greased baking sheet.

Bake for 20 minutes. Flip once after 10 minutes.

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Per Serving (excluding unknown items): 970 Calories; 92g Fat (85.5% calories from fat); 27g Protein; 7g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 1520mg Sodium. Exchanges: 4 Lean Meat; 1 Vegetable; 16 Fat.