































TACO PINWHEEL (page 1)

STEP	INGREDIENTS	PROCEDURES
<p><b>1</b></p>	 <p>Oven</p>	<p>Preheat oven to 375°.</p>
<p><b>2</b></p>	 <p>1 pound lean ground beef</p>  <p>1 package low sodium taco seasoning</p>  <p>Skillet</p>  <p>Spatula</p>  <p>Water</p>  <p>Liquid measuring cup</p> <p><b><u>*IF NEEDING TO DRAIN GROUND BEEF</u></b></p>  <p>Bowl</p>  <p>Colander</p>	<p>Brown ground beef. (Drain if necessary, see below*). Add taco seasoning and 1/2 water and bring to a boil. Turn down heat and simmer for 3-4 minutes.</p>  <p>*Drain ground beef using a colander if necessary.</p> 

**TACO PINWHEEL** (page 2)

STEP	INGREDIENTS	PROCEDURES
<p><b>3</b></p>	<div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>Baking sheet</b></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>Baking mat</b></p> </div> </div> <p style="text-align: center; color: red; margin: 10px 0;"><b><u>OR</u></b></p> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>Foil</b></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>2 cans crescent rolls</b></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>1-1/2 cups shredded cheese</b></p> </div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="margin-left: 10px;"> <p><b>Seasoned ground beef</b></p> </div> </div>	<p style="text-align: center;"><b>Line baking sheet with foil or a baking mat.</b></p>  <p style="text-align: center;"><b>Arrange crescent rolls in a circle with shortest tips pointing out and with widest ends overlapping slightly. Press the ends together to form a smooth circle of dough.</b></p>  <p style="text-align: center;"><b>Spoon ground beef mixture over the widest part of the dough circle. Sprinkle cheese on top.</b></p> 

TACO PINWHEEL (page 3)

STEP	INGREDIENTS	PROCEDURES
<p style="font-size: 2em; font-weight: bold; text-align: center;">4</p>	<div style="display: flex; flex-direction: column; align-items: center;">   <p style="margin-left: 100px;">Oven</p>  <p style="margin-left: 100px;">Timer</p>  <p style="margin-left: 100px;">1 cup sour cream</p>  <p style="margin-left: 100px;">Small jar salsa</p>  <p style="margin-left: 100px;">Rubber spatula</p>  <p style="margin-left: 100px;">Medium size bowl</p> </div>	<p style="text-align: center;">Fold pointed parts of crescent roll dough over ground beef mixture, tucking to secure. The dough will not cover the ground beef completely.</p>  <p style="text-align: center; color: red; font-weight: bold;">Bake in 375 ° oven for 20-22 minutes until rolls are golden brown.</p> <p style="text-align: center;">Remove from oven and let cool slightly.</p>  <p style="text-align: center;">Mix sour cream and salsa together and serve with pinwheel.</p> 

# Nutrition Facts

16 servings per container

Serving size **1 roll**

Amount per serving

**Calories 240**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

**Cholesterol** 45mg **15%**

**Sodium** 440mg **19%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 0g **0%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

**Protein** 13g

Vitamin D 0mcg **0%**

Calcium 93mg **8%**

Iron 2mg **10%**

Potassium 186mg **4%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.