

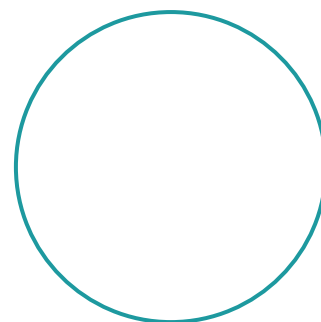


HAM & CHEESE SCROLLS

GREEN SNACK FOODS AND DRINKS

SUMMARY

Number of Serves	12
Total Cost of Ingredients	\$4.00
Cost price per Serve	\$0.35
Selling price per Serve	\$0.55
Source of recipe	Adapted from Healthy Food magazine
Last reviewed	11/01/2016



INGREDIENTS

	QTY	COST
White self-raising flour	2 cups	\$0.20
Butter	30g	\$0.20
Reduced fat milk	3/4 cup	\$0.75
Tomato pasta sauce	1/2 cup	\$0.45
Reduced fat cheese, grated	100g	\$0.95
Ham, diced	100g	\$1.45

METHOD

1. Preheat oven to 200°C and line baking tray with baking paper.
2. Sift flour into a large bowl and add the butter. Using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs. Stir in milk and mix until the dough comes together. Knead with hands until smooth.
3. Roll into a ball and place on a floured surface. Using a rolling pin, roll out to a 24cm by 36cm rectangle.
4. Spread the pasta sauce over the dough leaving a 3cm border on the long edges. Sprinkle with the cheese and ham and roll up firmly along the short edge like a swiss roll. Use your finger to spread some milk across the long border of dough not covered with sauce to seal the roll.
5. Cut into 12 slices and arrange the scrolls close together on the tray. Ensure the join faces inwards to prevent the scrolls unravelling. Bake for 18-20 minutes until golden and cooked through.

NUTRITION (PER SERVE)

Energy (kJ) 637

Saturated Fat (g) 2.94

Sodium (mg) 379

