

Studio 5

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“Pigtail Biscuits N Gravy”

Becky Low

Dairy Farmers of Utah

Ingredients:

- 1 pound lean ground pork or sausage
- 1/2 cup finely chopped onion
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon rubbed sage (eliminate if using sausage)
- 1 can (8 oz.) reduced fat refrigerated crescent rolls *
- 1 pkg (2.64 oz) country gravy mix (mix makes 2 cups)
- 2 1/2 cups 1% milk

Method:

Preheat oven to 375 degrees.

Mix together ground pork, chopped onion, egg, salt, pepper and sage (may season to taste with favorite seasonings). Mix well.

Roll refrigerated crescent rolls* out on wax paper or parchment paper which has been dusted with flour. Press together seams and roll out to 9x14 inch rectangle. Spread meat mixture on roll dough leaving approximately 1/2 along one long side. Using wax paper or parchment paper to assist; roll dough and meat up jelly-roll fashion. Cut into 12 equal slices. Place slices on lightly oiled baking sheet or on parchment paper and flatten slightly. Bake 25-30 minutes or until cooked through and golden brown.

While biscuits are baking, combine milk with gravy mix; stirring constantly, cook over medium heat until it comes to a boil. Reduce heat and simmer 1 minute. Package gravy mixes usually thicken as they stand. Thin to desire consistency with additional milk. Serve gravy over hot biscuits; include a glass of milk and fruit on the side to complete the meal.

Notes:

Kids will love the spiral “pigtail” biscuits, adults will enjoy the flavor. This dish makes a great breakfast or supper dish. Nutrition analysis is figured assuming 2 biscuits are enjoyed. One biscuit makes a nice serving for breakfast or brunch and cuts calories and fat in half. Enjoy with a glass of milk and fruit on the side. Serves 6

* Crescent rolls may be substituted with a baking powder biscuit recipe. For a quick recipe, stir together 2 1/4 cups biscuit mix and 2/3 cup milk until soft dough forms. Place on lightly floured surface and knead 8-10 times. Roll biscuit dough out on lightly floured surface into 9x14 inch rectangle. Continue with recipe as directed above. Brush biscuit with beaten egg white to help it brown.

For nutrition analysis go to www.dairycouncilutnv.org

Nutrition Facts	
Serving Size 2 biscuits	
Servings Per Container 6	
Amount Per Serving	
Calories 460	Calories from Fat 260
% Daily Value*	
Total Fat 29g	45%
Saturated Fat 9g	43%
Cholesterol 95mg	31%
Sodium 990mg	41%
Total Carbohydrate 27g	9%
Dietary Fiber less than 1 gram	3%
Sugars 8g	
Protein 20g	
Vitamin A 6%	• Vitamin C 4%
Calcium 15%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	