

## Taco Crescent Ring

**Makes 6 Servings; 2 pieces per serving**

Nutrients Per Serving:

230 Calories | 12g Fat (6g Saturated) | 7g Carbohydrates | 0g Added Sugar | 21g Protein | 630mg Sodium | 0g Fiber

### Equipment Needed

 <p style="text-align: center;">Mixing spoon</p>	 <p style="text-align: center;">Electric skillet</p>	 <p style="text-align: center;">Liquid measuring cup</p>	 <p style="text-align: center;">Measuring cups</p>
 <p style="text-align: center;">Baking pan</p>	 <p style="text-align: center;">Parchment paper</p>	 <p style="text-align: center;">Timer</p>	 <p style="text-align: center;">Spatula</p>

### Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

 <p style="text-align: center;">1 lb. lean ground beef or ground turkey</p>	 <p style="text-align: center;">1 pkg. taco seasoning</p>	 <p style="text-align: center;">1/2 cup water</p>	 <p style="text-align: center;">Crescents</p>
 <p style="text-align: center;">1/2 cup grated cheddar</p>	 <p style="text-align: center;">Cooking spray</p>	 <p style="text-align: center;">8 ounce light sour cream</p>	 <p style="text-align: center;">16 ounce jar of salsa</p>

*Recipe continued on back page.*

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash hands.

2



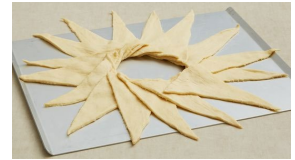
Preheat oven to 375°F.

3



Brown ground beef cooking until 160°F. Add taco seasoning mix and 1/2 cup water. Simmer 3-4 minutes or until slightly thickened.

4



Unroll 1 can of crescent roll dough. Separate into 16 triangles. On a foil lined baking pan, arrange triangles in a ring with the non-pointy end of triangle in the center overlapping to form a circle.

5



Spoon ground beef mixture on the dough nearest the circle. Sprinkle cheese on top.

6



Fold pointed parts of crescent roll dough over ground beef mixture, tucking to secure. Bake for 20-25 minutes.

7



Mix sour cream together with salsa. Serve as a dip for taco crescent ring.

8



Optional: Add diced tomatoes and shredded lettuce to serve.