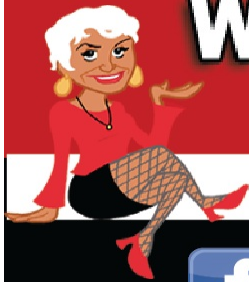


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CHIVE-AND-GARLIC KNOTS

Basic Lifestyle

Ingredients

1-1/2 TBS low-fat or fat-free stick margarine
2 garlic cloves, minced
1/2 TSP garlic powder
1 can (11 oz.) refrigerated French bread dough
2 TBS chopped fresh chives or green onions
2 TBS grated Parmesan cheese
cooking spray

Instructions

1. Preheat oven to 350°.
2. Melt margarine in a small skillet over medium heat. Add minced garlic. Sauté 30 seconds or until lightly browned. Remove from heat. Stir in garlic powder.
3. Unroll the French bread dough onto a lightly floured surface. Brush dough with garlic mixture. Sprinkle the dough with chives and Parmesan cheese.
4. Cut the dough crosswise into 12 strips. Shape each strip into a knot. Place the knots into a baking sheet coated with cooking spray.
5. Bake in the oven for 17 minutes or until lightly browned. Serve warm.

Portion-Per-Serving Information: (Yields 12 servings)

Serving = 1 roll = 1 G