



ROSEMARY ROLLS

INGREDIENTS

1 cup warm water (114° degrees; no higher than 120°)
1 teaspoon sugar
1 tablespoon yeast
2 tablespoons olive oil
2 cups flour (you may need a little more)
2 teaspoons fresh rosemary, finely chopped
2 teaspoons granulated garlic
2 tablespoons parmesan cheese
2 tablespoons melted butter
¼ teaspoon salt



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INSTRUCTIONS

1. Preheat oven to 350°.
2. Add yeast and sugar to warm water. Let sit for 5 minutes until yeast becomes frothy.
3. Add salt, garlic, rosemary and olive oil to the water mixture.
4. Pour water mixture in mixing bowl and slowly add flour. Keep adding flour until the dough is no longer is sticky and forms a ball. (Turn off mixer before touching dough.)
5. Let dough rise 20 minutes.
6. Form dough into 1-inch balls.
7. Using cooking spray, lightly oil a muffin tin.
8. Place three balls into each muffin tin. Lightly oil the tops and sprinkle parmesan cheese.
9. Let rise 30 minutes.
10. Bake about 10 minutes or until golden brown. Brush with melted butter.

Nutrition facts

Serving size: 1 roll

Calories: 123
Carbohydrate: 17 g
Total fat: 5 g
Protein: 3 g
Sodium: 64 mg

Makes 12 rolls.