

Canola to Biscuit Rolls

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Videos courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Manitoba Canola Growers](#)



3:27

<https://youtu.be/vHLo-6tCHao>

Meet a Manitoba Canola Farmer Looking Beyond the Fields

Nicolea farms with her brother, Mark, near Portage la Prairie, Manitoba. She's growing crops, like canola, on 1400 acres of land that has been in her family since 1948. As a trained agronomist, Nicolea enjoys watching her crops grow and develop throughout the season. She's also quick to identify signs of stress in the fields and the surrounding environment. Her crops exist in a larger ecosystem that is home to wildlife, honeybees, trees and birds.



Canadian canola oil is not only your local choice for oil but is one of the healthiest options available. Canola oil is low in saturated fat and has the most plant-based source of omega-3 fats among all common cooking oils. It is also just pennies per serving making it an affordable choice for all to use.

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Nacho Cheese Biscuit Rolls

Ingredients

Dough

2 cups	all-purpose flour
4 tsp	baking powder
½ tsp	salt
½ cup	milk, cold
⅓ cup	canola oil, cold

Filling

½ cup	soft cream cheese
¾ cup	salsa
½ cup	crushed nacho chips
1 cup	shredded old cheddar or tex mex cheese

Method

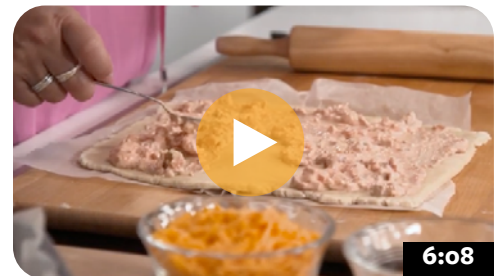
To make the dough

1. Preheat oven to 400°F (200°C). Line an 8 inch (2 L) square baking dish with parchment paper and set aside.

2. In a large bowl, stir together flour, baking powder and salt.
3. In a liquid measuring cup, whisk together milk and oil. Drizzle into flour and using a fork, mix together until mixture is crumbly and starting to clump together.
4. Bring dough together with your hands and knead gently on lightly floured surface to make smooth dough.
5. Roll out dough on floured surface to make a 12 inch (30 cm) square.

To make filling and assemble

1. In a medium bowl, mix cream cheese and salsa to form a smooth spread. Spread evenly all over dough, right to the edges.
2. Sprinkle with crushed nacho chips and cheese.
3. Roll up dough along the long edge and pinch seam along edge to hold the roll closed. Cut roll into 9 equal pieces and place into prepared pan.
4. Bake for about 20 minutes or until golden brown. Let cool slightly.



6:08

<https://youtu.be/Y6PbPRgKzzk>

Servings **9** | Total time **40 minutes**

Grown by Manitoba Farmers

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