
Cheese Bites (Hot)

Lucie Hall Maguire

Party Recipes from the Charleston Junior League - 1993

6 ounces cream cheese

1 cup (two sticks) butter or margarine

1/2 pound extra sharp Cheddar cheese, grated

1 teaspoon dry mustard

4 egg whites, beaten until stiff but not dry

1 loaf unsliced white or whole wheat bread, cut into one-inch square cubes

Place the cream cheese, butter, Cheddar cheese and mustard in a heavy saucepan and heat it over medium heat, stirring constantly, until the cheeses are melted. Remove the pan from the heat and let the mixture cool slightly.

Fold in the egg whites. Spear the bread cubes with a sharp fork and dip into the cheese mixture, covering each side except the one into which the fork is stuck.

Place the cubes on a baking sheet, plain side down and not touching one another. Freeze. Transfer to a plastic bag and store in the freezer until ready to use. Do not thaw.

Preheat the oven to 400 degrees.

Bake the frozen cubes until they are puffed and golden brown, 10 to 12 minutes.

Yield: 6 dozen bites

Appetizers

Per Serving (excluding unknown items): 1480 Calories; 152g Fat (90.8% calories from fat); 28g Protein; 6g Carbohydrate; trace Dietary Fiber; 435mg Cholesterol; 1658mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 29 1/2 Fat.