
Chicken and Watercress Puffs (Hot)

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Party Recipes from the Charleston Junior League - 1993

1 whole boneless/ skinless chicken breast, cooked
1 bunch watercress, stems removed
8 ounces cream cheese, room temperature
juice of one small lemon
1 teaspoon dried dill weed
salt (to taste)
white pepper (to taste)
1 package (17-1/4 ounce) frozen puff pastry sheets
1 egg yolk (optional), lightly beaten

Preheat the oven to 350 degrees.

Cut the chicken into one-inch pieces. Place in the bowl of a food processor. Process until it resembles bread crumbs.

Add the watercress, cream cheese, lemon juice, dill weed, salt and pepper to the food processor. Process until the watercress is chopped fine and the cheese is thoroughly incorporated.

Roll out the puff pastry according to package directions. Cut the sheets into two-inch squares.

Place one tablespoon of the chicken mixture in the corner of each square, leaving a 1/4-inch border. Fold the pastry on the diagonal, to cover the filling. Seal the edges with a fork.

Place the turnovers on an ungreased baking sheet. Bake until golden brown and puffed, about 20 minutes.

To glaze, brush with beaten egg yolk before baking.

Serve hot.

Yield: 70 puffs

Appetizers

Per Serving (excluding unknown items): 2171 Calories; 174g Fat (71.5% calories from fat); 36g Protein; 119g Carbohydrate; 5g Dietary Fiber; 249mg Cholesterol; 1309mg Sodium. Exchanges: 7 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 33 Fat.