

Onion Cheese Puffs

Mary Parrish

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Yield: 6 dozen

*1 cup water
1/3 cup butter or margarine
1 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon garlic powder
4 eggs
3/4 cup shredded Swiss or
pizza cheese
1 small (1/4 cup) onion,
chopped*

Bake Time: 25 minutes

Preheat the oven to 400 degrees.

In a saucepan, heat the water and butter to a rolling boil. Stir in the flour, salt and garlic powder. Stir vigorously over low heat for 1 minute until the mixture forms a ball. Remove from the heat.

Beat in the eggs until smooth. Stir in the cheese and onion.

Drop the dough by scant teaspoonfuls one inch apart onto a lightly greased baking sheet.

Bake until puffed and golden, 20 to 25 minutes.

Per Serving (excluding unknown items): 795 Calories; 21g Fat (24.6% calories from fat); 39g Protein; 107g Carbohydrate; 5g Dietary Fiber; 848mg Cholesterol; 2425mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.