

Cheddar Bread Twists

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Start to Finish Time: 25 minutes

1 sheet frozen puff pastry, thawed

1 egg white

1 tablespoon cold water

1/2 cup cheddar cheese, shredded

dash salt

Preheat the oven to 400 degrees.

Unfold the puff pastry onto a lightly floured surface.

In a small bowl, beat the egg white and water. Brush over the pastry.

Sprinkle with the cheese and salt.

Cut into ten 1-inch strips. Twist each strip three times. Place on a greased baking sheet.

Bake for 10 to 15 minutes or until golden brown.

Yield: 10 breadsticks

Per Serving (excluding unknown items): 245 Calories; 19g Fat (69.3% calories from fat); 18g Protein; 1g Carbohydrate; 0g Dietary Fiber; 59mg Cholesterol; 407mg Sodium. Exchanges: 2 1/2 Lean Meat; 2 1/2 Fat.