

# Caraway-Onion Twists

Julie Gawle

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/2 cup chopped onion  
1/4 cup margarine, softened  
2 cups Bisquick® baking mix  
1/2 cup shredded cheddar cheese  
1/2 cup cold water  
2 tablespoons margarine, melted  
2 teaspoons caraway or poppy seeds*

In a bowl, mix the onion and 1/4 cup of margarine. Reserve.

In a bowl, mix the Bisquick, cheese and water until a soft dough forms. Beat vigorously for twenty strokes. Gently smooth the dough into a ball on a floured board. Knead five times. Roll the dough into a rectangle 15x12 inches.

Spread the reserved onion mixture lengthwise down the center of the rectangle. Fold the dough lengthwise into thirds; flatten slightly. Cut into twenty 3/4 inch strips. Twist the ends of the strips in opposite directions.

Place the strips on an ungreased cookie sheet. Press the ends onto the cookie sheet to fasten securely. Brush with melted margarine and sprinkle with seeds.

Bake at 425 degrees for about 10 minutes or until light brown.

Serve immediately.

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Per Serving (excluding unknown items): 1827 Calories; 119g Fat (58.2% calories from fat); 32g Protein; 160g Carbohydrate; 8g Dietary Fiber; 59mg Cholesterol; 3956mg Sodium. Exchanges: 10 Grain(Starch); 2 Lean Meat; 1 Vegetable; 22 Fat.