



PUFF PASTRY CHEESE TWISTS

October 27

National Breadstick Day

INGREDIENTS

- 1 Large Egg
- 2 Sheets (8.65 Ounces Each) Frozen Puff Pastry (enriched or whole grain-rich) (thawed)
- ½ Cup Grated Parmesan Cheese
- 2 Tablespoons Everything Bagel Seasoning

DIRECTIONS

1. Preheat oven to 400°. Arrange the baking racks in the upper and lower one-third of the oven.
2. Line 2 large baking sheets with parchment paper. Set aside.
3. Beat the egg with 1 teaspoon water. Set aside.
4. Work with 1 sheet of puff pastry at a time. Place the other sheet in the fridge. Unfold the dough on a work surface. Brush generously with the egg wash. Evenly sprinkle with half of the everything bagel seasoning and Parmesan cheese on the dough. Use a rolling pin to lightly press the seasoning and cheese lightly into the dough.
5. Using a pizza roller or sharp knife, cut the sheet of puff pastry into 7 even strips. Twist the opposite ends 3 to 4 times to get a spiral effect. Place the cheese twists an inch apart on the prepared baking sheets. Repeat with second sheet of puff pastry.
6. Bake for 15 to 20 minutes flipping over halfway through the baking time. The twists should be golden brown and crispy.
7. Remove the twists from the oven and place on a cooling rack. They are best served immediately.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

14 Twists

PORTION SIZES

| Toddler | Preschool | School Age | Adult |
|---------|-----------|------------|---------|
| ½ Twist | ½ Twist | 1 Twist | 1 Twist |