

U.S. Parmesan Puff-Pastry Sticks

Light and flavorful, these cheesy delights are great as a snack or a side for soups and salads.



INGREDIENTS

(Makes 32 sticks)

Olive Oil	45ml
Garlic, minced	12g
Onions, minced	28g
Puff-Pastry Sheet 35cm x 26cm, thawed	1
Egg, large	1
Water	5ml
U.S. Parmesan, grated	200g
Black Sesame Seeds	15g
White Sesame Seeds	15g

NUTRITIONAL CONTENT

U.S. Label

Nutrition Facts

Serving Size (100g)		Servings Per Container	
Amount Per Serving			
Calories 470	Calories from Fat 310		
		% Daily Value*	
Total Fat 35g			54%
Saturated Fat 9g			45%
Trans Fat 0g			
Cholesterol 65mg			22%
Sodium 610mg			25%
Total Carbohydrate 22g			7%
Dietary Fiber 1g			4%
Sugars 1g			
Protein 18g			
Vitamin A 6% • Vitamin C 0%			
Calcium 40% • Iron 10%			
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Per 100g

Calories	470kcal
Total Fat	35g
Saturated Fat	9g
Trans Fat	0g
Cholesterol	63mg
Total Carbohydrates	22g
Dietary Fiber	1g
Sugars	1g
Protein	18g
Calcium	399mg
Magnesium	29mg
Phosphorus	295mg
Potassium	105mg
Sodium	615mg
Iron	2mg
Vitamin A	325IU
Vitamin C	0mg

PREPARATION

1. Pre-heat oven to 220°C (430°F).
2. In a small sauté pan cook 15ml of the olive oil, onion and garlic until lightly browned. Set aside and cool.
3. In a small bowl whisk egg, water and remaining olive oil together.
4. Lay out puff-pastry and brush with egg wash all over.
5. Top evenly with parmesan, onion mixture and both types of sesame seeds. Roll over the top with a rolling pin to seal ingredients.
6. Cut pastry in half the long way and cut into 16 strips the short way to make 32 strips.
7. With open palms, gently twist each strip and place on a parchment lined baking sheet, making sure strips are 2cm apart.
8. Bake for 12-14 minutes until lightly browned and puffed. Can be served hot out of the oven or at room temperature.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.