

Ham and Cheese Pockets



Preparation: **35 min.**

Baking time: **15-18 min.**

Oven temperature: **400°F**

Yields: **18 pastries**

INGREDIENTS:

- 1 pkg. (17¼ oz.) frozen puff pastry, thawed about 20 min. at room temperature
- Dijon-style mustard
- 6 oz. Swiss cheese, sliced, cut into strips
- 6 oz. sliced baked or boiled ham, cut into strips
- 1 egg, beaten

Tips: The pastries can be assembled ahead of time on baking sheets, refrigerated. Brush with egg just before baking.

PREPARATION:

- 1 Roll each sheet of puff pastry out to a 12-inch square on a lightly floured board or pastry cloth. Cut into nine 4-inch squares. Repeat with remaining sheet of pastry.
- 2 Spread each square lightly with mustard. Top half of each square with a strip of cheese. Place a strip of ham over each cheese strip.
- 3 Fold squares of pastry in halves in line with the long edges of ham strips, moistening edges and pressing with a fork to seal.
- 4 Place pastries, about 2 inches apart, on ungreased baking sheets. Brush lightly with egg. Pierce top of each pastry in several places with a fork.
- 5 Bake at 400°F until puffed and golden brown, 15 to 18 minutes. Serve hot.

Health Note: To reduce fat and cholesterol, use lowfat cheese and very lean ham.

All nutritional information is per single serving.

Protein.....7 g

Carbohydrates.....14 g

Calcium99 mg

Sodium497 mg

Calories142 each

Fat6 g

Cholesterol24 mg