

Ham, cheese and spinach puffs

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: **Amber**

Serves: 40 (100g each)

Ingredients

- 10 sheets of reduced fat puff pastry (~160g each)
- 20 tsp dijon mustard
- 20 slices ham, halved
- 500g reduced fat cheddar cheese
- 500g baby spinach, chopped roughly
- 5 large eggs

Method

1. Preheat oven to 180°C. Line approximately 3 rectangle baking trays with baking paper
2. Cut each sheet of puff pastry into four even squares
3. Spread ½ tsp dijon mustard diagonally across each square
4. Place ½ a slice of ham on top of the mustard
5. Sprinkle 1 tbsp reduced fat grated cheese and 1/4 cup chopped spinach on top of the ham
6. Fold corners of pastry towards the centre to enclose the filling. Pinch to seal. Place on prepared trays.
7. Brush with egg and bake for 15 minutes or until golden brown. Serve warm.



Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	797kJ	918kJ
Protein	9.6g	11.1g
Total fat	8.2g	9.5g
Saturated fat	4.2g	4.9g
Carbohydrate	21.3g	24.6g
Sugars	0.6g	0.8g
Dietary fibre	1.0g	1.1g
Sodium	384mg	443mg



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