

Snacks

Broccoli Cheese “Toaster Pastry”

Makes 8 pastries without ham, 12 pastries with ham

Use pre-made whole-wheat pie crust or pizza dough for the pastry

Filling Ingredients:

- ¾ cup cooked broccoli, chopped fine
- 3 tablespoons carrots, chopped fine
- 2 tablespoons yellow onion, chopped fine
- 5 slices ham, chopped (optional)
- ⅓ cup cheddar cheese, shredded
- 2 tablespoons milk
- 1 egg
- Salt and pepper

Directions:

1. In a large bowl, combine all ingredients and mix well. Season with salt and pepper. Set aside.
2. Have an adult help you preheat the oven to 350°F.
3. Lay one rolled piece of pie crust or pizza dough, about 3” in diameter, on a greased baking sheet. Place one heaping tablespoon of the filling in the center.
4. Cover with another piece of crust or dough and flatten edges with the tines of a fork. (You can brush top with egg white so the baked crust will have a golden shine.) Repeat with remaining crust or dough and filling.
5. Bake in preheated oven for 20 minutes, or until golden brown. Serve warm.