



Rosemary Parmesan Twists

Puff pastry is a magic ingredient for busy cooks: it's elegant, delicious and deceptively easy to work with. Serve with Chianti, yeasty wheat beer or Bloody Marys.

- 1 sheet (from 17.25-ounce package) frozen puff pastry, thawed
- 1 egg
- 1 tablespoon water
- ¼ cup shredded Parmesan
- 1½ tablespoons chopped fresh rosemary (or 1 tablespoon dried)
- ½ teaspoon coarsely ground black pepper

1. Preheat oven to 400F. Line two baking sheets with parchment paper.
2. Roll puff pastry into a 10-by-14-inch rectangle. Whisk egg and water together and brush on pastry. Sprinkle with Parmesan, rosemary, and pepper, pressing lightly into pastry with your fingers.
3. Cut pastry into 24 strips, each slightly more than ½-inch wide. Twist each strip and place on baking sheets. Bake 10 to 12 minutes, until golden. Serve warm or at room temperature. Serves 12.

Per (2-stick) serving: 30 calories, 2g fat, 1g prot., 1g carbs., 0g fiber, 50mg sodium.

Tip: Double the recipe and freeze the second batch, unbaked, on cookie sheets. Then seal in a plastic bag and keep frozen up to a month. Bake frozen twists 10 to 15 minutes, until golden.