

Cheddar Olive Bites

This appetizer contrasts a crispy, baked crust with a soft, chewy center. Who can resist crispy cheese!



INGREDIENTS

(Makes 30 bites)

U.S. Butter, unsalted	120g
U.S. Sharp Cheddar Cheese, shredded	250g
Flour	200g
Paprika	6g
Green Olives, Large, pimento stuffed	30

NUTRITIONAL CONTENT

Per 100g

Calories	436kcal
Total Fat	30g
Saturated Fat	18g
Trans Fat	0.5g
Cholesterol	87mg
Total Carbohydrates	28g
Dietary Fiber	1g
Sugars	0g
Protein	14g
Calcium	306mg
Magnesium	9mg
Phosphorus	44mg
Potassium	63mg
Sodium	353mg
Iron	2mg
Vitamin A	1458IU
Vitamin C	1mg

PREPARATION

1. Place butter in a large bowl and let sit until room temp.
2. Add sharp cheddar cheese, flour and paprika. Mix well until dough forms.
3. Wrap a thin layer of dough around each olive to completely encase.
4. Place olives on a baking sheet with parchment paper.
5. Bake at 200°C (390°F) for 10-12 min. until crispy and lightly brown.

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. Photo courtesy of Wisconsin Milk Marketing Board. ©2014 U.S. Dairy Export Council.