

SESAME CHICKEN TRIANGLES

[<https://www.landolakes.com/recipe/19862/sesame-chicken-triangles/>]

Tempting triangular puffs are filled with tangy chicken mixture.

36 appetizers

PREP TIME - 45 min

TOTAL TIME - 1 hr 30 min

PASTRY

- 1 sheet frozen puff pastry, thawed
- 1 large Land O Lakes® Egg slightly beaten
- 1 tablespoon milk
- 1 tablespoon sesame seeds, toasted

FILLING

- 1 tablespoon Land O Lakes® Butter
- ½ cup finely chopped red bell pepper
- 2½ tablespoons finely chopped green onions
- ¼ cup mayonnaise
- ¼ cup chopped fresh parsley
- 2 cups finely chopped cooked chicken
- 2 teaspoons lemon juice
- ½ teaspoon dry mustard
- 1/8 teaspoon ground red pepper (cayenne)

HOW TO MAKE

1. Heat oven to 400°F.
2. Unfold pastry sheet. Cut into 9 (3-inch) squares using pastry cutter or knife. Cut each square into 4 equal triangles. Place onto ungreased baking sheets.
3. Combine egg and milk in bowl. Brush tops of triangles with egg mixture; sprinkle with sesame seed. Bake 9-11 minutes or until triangles are puffed and golden brown. Cool completely.
4. Melt butter in 10-inch skillet over medium heat until sizzling; add bell pepper and green onions. Cook, stirring occasionally, 4-5 minutes or until vegetables are softened. Remove skillet from heat. Add all remaining filling ingredients; mix well.
5. Split each pastry triangle horizontally with small serrated knife. Spoon about 1½ teaspoons filling into each.

Puff pastry triangles can be baked ahead. Store in airtight container up to 2 days or freeze up to 2 weeks. Reheat at 350°F, 5 minutes. Fill as directed above.

Nutrition Facts (1 appetizer)

Calories 70 Fat 5 g Cholesterol 10 mg Sodium 35 mg Carbohydrates 3 g Dietary Fiber 0 g Protein 3g

