



Zaatar Straws

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



80 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 egg wash with 2 tbsp. water)
- ☐ 2 tbsp olive oil extra-virgin
- ☐ 0.5 pound puff pastry chilled (see Notes)
- ☐ 20 servings garlicky yogurt dip
- ☐ 3 tbsp za'atar (see Notes)

Equipment

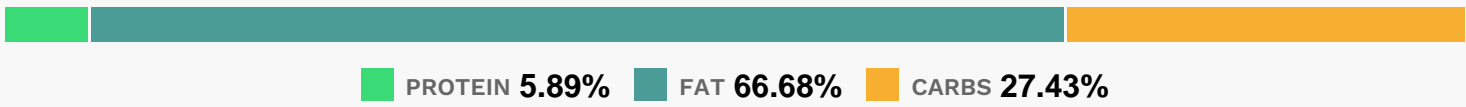
- ☐ baking sheet
- ☐ oven

- ☐ knife
- ☐ spatula
- ☐ rolling pin
- ☐ drinking straws

Directions

- ☐ Preheat oven to 37
- ☐ Flour a work surface and a rolling pin. Set puff pastry on surface, sprinkle lightly with flour, and roll out into a rectangle about 8 in. by 12 in. and 1/8 in. thick. Arrange pastry so that it's horizontal and trim edges even.
- ☐ Brush pastry all over with olive oil.
- ☐ Sprinkle left half of pastry liberally with half of the zaatar and fold right (unsprinkled) pastry half over zaatar, like closing a book. Lightly sprinkle top of pastry with flour and roll back out into a rectangle almost as large as the one you began with. As before, brush pastry with olive oil, sprinkle half with remaining zaatar, and fold unsprinkled half over zaatar.
- ☐ Roll with the pin a few times to seal.
- ☐ With a sharp knife, cut pastry lengthwise into 1/3-in.-wide strips. Twist each strip loosely a couple of times and put on an ungreased baking sheet (push ends onto sheet to keep straw from untwisting; you may need 2 sheets). Dab tops of strips lightly with egg wash.
- ☐ Bake straws until medium golden brown, 12 to 15 minutes.
- ☐ Let cool 1 minute, then loosen gently from sheet with spatula.
- ☐ Serve warm or cool, with Garlicky Yogurt Dip.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:2.78, Inflammation Score:-1, Nutrition Score:2.2756521870261%

Nutrients (% of daily need)

Calories: 80.27kcal (4.01%), Fat: 6.01g (9.24%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.17g (1.88%), Sugar: 0.15g (0.17%), Cholesterol: 8.31mg (2.77%), Sodium: 32.18mg (1.4%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin K: 12.96µg (12.35%), Iron: 1.08mg (5.99%), Manganese: 0.1mg (5.16%), Selenium: 3.47µg (4.96%), Vitamin B1: 0.05mg (3.29%), Folate: 11.59µg (2.9%), Vitamin B2: 0.05mg (2.7%), Vitamin B3: 0.5mg (2.52%), Vitamin E: 0.33mg (2.21%), Fiber: 0.39g (1.57%), Calcium: 14.93mg (1.49%), Phosphorus: 13.32mg (1.33%)