

## Cheese Puffs



**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

### Ingredients:

1 tbsp. butter  
1 tbsp. olive oil  
½ tsp. salt  
¼ tsp. ground cayenne (red pepper)  
1 cup white all-purpose flour  
4 eggs  
1 cup shredded cheddar cheese (extra sharp)  
2 tbsp. fresh chives, minced (or scallions)  
Cooking spray

### Directions:

1. Preheat oven to 400 degrees F.
2. Mix 1 cup of water, butter, oil, salt, and cayenne in a medium saucepot and bring to a boil.
3. When mixture has boiled, take pot off of heat and dump in full amount of flour. Blend together until fully combined and smooth.
4. Add in 1 egg and stir until completely combined. Replicate process until all eggs are added. Mix in cheddar cheese and chives.
5. Spoon 1 tsp. balls of the mixture onto cooking spray-coated baking sheets.
6. Place in oven and bake for 20-25 minutes. Puffs will be firm and brown. Serve warm or at room temperature.

### Additional Information:

These can be made up to 2 days in advance. If making ahead, cut a small slit into the side of each puffball immediately after removing from oven. Cool completely before storing in an airtight container. They do not need to be refrigerated.

### Nutrition Facts

Makes 48 servings

Serving size: 1 piece

Amount per serving:

<b>Calories</b>	29.6
<b>Total Carbs</b>	2.1 g
<b>Dietary Fiber</b>	0.1 g
<b>Sugars</b>	0.1 g
<b>Total Fat</b>	1.7 g
<b>Saturated Fat</b>	0.8 g
<b>Unsaturated Fat</b>	0.9 g
<b>Potassium</b>	11.2 mg
<b>Protein</b>	1.4 g
<b>Sodium</b>	46.7 mg