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Description

These Ham and Cheese Puff Pastry Squares feature golden, flaky layers filled with savory ham and melted, gooey cheese. Perfect for a busy morning or a satisfying midday bite, this dish combines rich textures with wholesome ingredients. Enjoying a savory, low-carb friendly meal has never been easier or more delicious.

Can This Ham and Cheese Puff Pastry Square Support Weight Loss Goals?

Yes, these puff pastry squares can support weight loss goals when enjoyed in moderation. Packed with lean ham and protein-dense cheese, they provide high protein satiety to keep you feeling full longer between meals. Pairing quality protein with mindful portioning prevents unnecessary snacking and supports balanced energy levels throughout the day.

Does Ham and Cheese Puff Pastry Squares Fit a High-Protein Lifestyle?

These squares fit exceptionally well into a high-protein routine by leveraging lean deli ham and real cheese as primary ingredients. While standard puff pastry contains carbohydrates,

keeping portion sizes compact helps manage overall net carbs while delivering a strong protein count per serving. It serves as a balanced option for high-protein meal preppers looking for quick fuel.

My Personal Experience

- Crispy Perfection Every Time

  Baking these at high heat produces an exceptionally flaky outer crust that holds the melted cheese beautifully.

- Effortless Prep and Cleanup

  Assembling the squares takes under ten minutes, making it my go-to choice for fast morning routines.

Perfect For:

- High-protein breakfast routines on busy weekdays
- Low-carb snack options for afternoon energy boosts
- Quick weekend brunch gatherings with family
- High-protein party appetizers that are easy to prep ahead

Why You’ll Love This Recipe:

- Rich Savory Flavor

  Combines salty lean ham with melted Swiss cheese for a classic, crowd-pleasing taste combination.

- Flaky and Satisfying Texture
  Delivers a bakery-style crispiness right from your home oven with minimal effort

required.

Common Mistakes to Avoid:

1. Overfilling the Squares: Adding too much filling causes cheese to leak onto the pan and burn before the pastry crisps.

2. Using Cold Oven Baking: Putting pastry into an unheated oven prevents proper puffing and yields a soggy texture.

3. Skipping the Egg Wash: Omitting the beaten egg coating prevents the top crust from achieving that deep golden brown finish.

4. Unthawing Pastry Too Fast: Thawing puff pastry at room temperature makes it sticky and difficult to shape neatly.

Required Equipment:

- Baking Sheet with Parchment Paper — Ensures even browning and prevents pastry from sticking to the surface.

- Pastry Brush — Allows smooth, even distribution of the egg wash over each square.

- Chef’s Knife or Pizza Cutter — Cuts cleanly through dough sheets without tearing or dragging the pastry edges.

Storage Instructions:

Store cooled leftovers in an airtight container lined with a paper towel to absorb excess moisture. Keep in the refrigerator for up to 3 days. For long-term storage, freeze individual squares on a baking tray before wrapping tightly in foil; freeze for up to 1 month and reheat directly in an oven or air fryer to retain crispiness.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Total Time: 30 minutes
- Servings: 4 squares
- Best Season for This Recipe: All-season
- Total Calories (Per Serving): ~280 kcal (approximate estimate)

A quick and satisfying dish featuring warm savory ham and melty cheese baked in golden pastry. Perfect for meal prep or a cozy weekend breakfast bite. Naturally loaded with protein to fuel your morning!

 Ingredients:

- 1 sheet ready-to-use puff pastry (thawed in fridge overnight)
- 4 oz lean deli ham, thinly sliced
- 4 slices Swiss or Gruyère cheese (or reduced-fat cheese for lower calories)
- 1 large egg (beaten, for egg wash)
- 1 tsp sesame seeds or Everything Bagel seasoning (optional garnish)

Directions:

1. Preheat & Prep: Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.

2. Cut Pastry: Roll out the thawed puff pastry sheet on a clean surface and cut into 8 equal rectangles.

3. Assemble Filling: Lay 4 pastry rectangles on your baking sheet. Layer each with 1 slice of ham and 1 slice of cheese, keeping a 1/2-inch border clear around the edges. *(High-Protein Tip: Double up on lean ham to boost protein content without adding excess fat).*

4. Seal Squares: Place the remaining 4 pastry rectangles over the top. Press edges firmly with a fork to seal tight and prevent cheese from leaking while baking.

5. Wash & Vent: Brush the top of each square lightly with beaten egg wash for maximum golden browning, then cut a small slit in the center of each square to vent steam.

6. Bake to Golden: Bake at 400°F (200°C) on medium rack for 18–20 minutes until puff pastry is dramatically risen, crispy, and deep golden brown.

Nutrition Facts (Per Serving – Approximate):

- Calories: 280 kcal
- Fats: 16 g
- Cholesterol: 65 mg
- Sodium: 480 mg
- Potassium: 140 mg
- Total Carbohydrates: 18 g
- Fiber: 1 g
- Net Carbs: 17 g
- Sugars: 1 g

- Protein: 15 g
- Calcium: 180 mg

Notes:

- Storage & Reheating: Reheat in an air fryer at 350°F for 3–5 minutes or toaster oven for best crunch; avoid microwaving as it softens the crust.
- Allergy Note: Contains dairy, wheat (gluten), and egg. Swap for gluten-free puff pastry or dairy-free cheese if needed.
- Flavor Boost: Add a thin spread of Dijon mustard or a drop of hot honey inside each square before sealing.