



## Ingredients



# Pigs in Blankets

Adapted from *Martha Stewart*



- All-purpose flour, for surface
- 2 sheets puff pastry (about 1 pound), preferably all-butter
- Honey Dijon mustard
- 18 fully cooked sausages (each about 5 inches long), such as frankfurters, Andouille, or chicken sausages
- Poppy seeds (optional)
- Flaky sea salt (optional)
- Mustards, such as brown or whole-grain, for serving (optional)



## Directions



Yield: 54

Serving size: 3

Total cost: \$16.23 Serving cost: \$0.90

1. On a lightly floured work surface, roll each pastry sheet out into a 12-inch square, then cut into 4-inch squares. Lightly brush lower half of each square with mustard, center a sausage on mustard-coated edge, and brush top inch with egg. Roll sausages in pastry, pressing seams to tightly seal. Brush tops with egg, then sprinkle with poppy seeds or flaky salt. Cut each at an angle into thirds. Freeze pigs in blankets, uncovered, on a parchment-lined baking sheet until firm.
2. Preheat oven to 400°F. Place frozen pigs in blankets 1 inch apart on parchment-lined baking sheets. Bake until pastry is puffed and golden brown, about 25 minutes. Serve warm with mustards.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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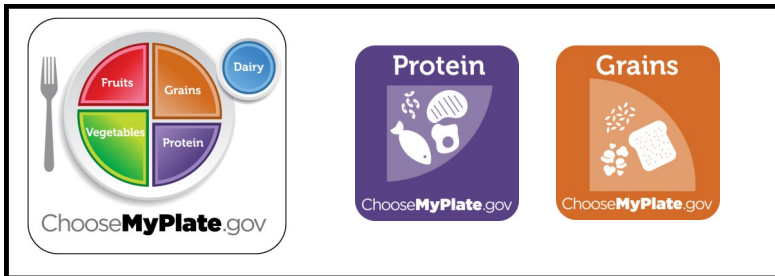
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Pigs in blankets can be frozen until firm, then stored in freezer bags up to one month ahead.

Nutrition Facts	
18 servings per container	
<b>Serving size</b>	<b>3 pigs</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
% Daily Value*	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 2.1g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 650mg	<b>28%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes < 1g Added Sugars	<b>1%</b>
<b>Protein</b> 15g	<b>30%</b>
Vitamin D 0mcg	<b>0%</b>
Calcium 13mg	<b>0%</b>
Iron 1.8mg	<b>10%</b>
Potassium 188mg	<b>4%</b>
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

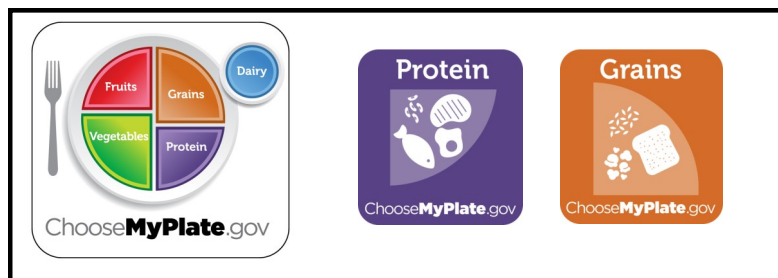
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