

## Easy Ham and Cheese Puff Pastry Sticks - Perfect for Snacks or Parties

Ham and Cheese Sticks: The Flaky, Cheesy Appetizer You'll Keep Making



**OVEN**  
**375°F**

**TIME**  
**20 min**

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**Recipe Card**

**SAVE**  
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### INGREDIENTS

- 1 sheet puff pastry, thawed
- 4 oz sliced ham
- 4 oz shredded cheese (cheddar or Swiss work best)
- 1 egg, beaten (for egg wash)
- 1 tbsp Dijon mustard (optional)
- Salt and pepper, to taste

### DIRECTIONS

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. On a floured surface, roll out the puff pastry slightly for a more even layer.
3. Spread : Dijon mustard (if using) in a thin layer over the pastry.
4. Lay down ham slices and sprinkle cheese evenly on top.
5. Cut the sheet into strips about 1 inch wide.
6. Twist each strip a few times and place on the baking sheet.
7. Beat the egg and brush the tops of the twists for that golden finish.
8. Bake for 12-15 minutes, or until puffed and crispy.
9. Serve warm, ideally right from the oven!

### SWAPS & NOTES

Cheese options : Gruyère, provolone, or even mozzarella are great substitutes.

Ham alternatives : Try prosciutto, turkey slices, or veggie deli slices.

Add-ons : Sprinkle a little paprika, garlic powder, or sesame seeds on top before baking.

You can use honey mustard or skip entirely for a kid-friendlier version.

### TIPS FOR SUCCESS

Thaw puff pastry in the fridge for a few hours or overnight-don't rush it in the microwave.

Keep the pastry cold while working-it puffs better.

For extra crunch, sprinkle shredded Parmesan on top before baking.

These are best fresh, but you can prep and refrigerate the twisted sticks ahead of time.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/easy-ham-and-cheese-puff-pastry-sticks-perfect-for-snacks-or-parties/>