

Tortilla Stars with Cheesy Dip

CHEESE MAKES A
Difference

to a
healthy
lunchbox



BRITISH
CHEESE
BOARD



Serves 8 | Prep time: 10 min | Cooking time: 40 min



Tortilla Stars with Cheesy Dip

THESE TORTILLA STARS ARE FUN AND PERFECT FOR DIPPING IN A LOVELY CHEESY SAUCE. LEFTOVERS CAN BE PLACED IN AN AIRTIGHT CONTAINER IN THE FRIDGE AND USED ANOTHER DAY.

INGREDIENTS

8 tortilla wraps

1 egg white, lightly beaten

1 tsp poppy seeds

1 tsp sesame seeds

1 tsp golden linseeds

1 tbsp pumpkin seeds

20g butter

20g plain flour

150ml semi-skimmed milk

70g low-fat sour cream

100g Cheddar

METHOD

1. Melt the butter in a small pan, then add the flour and stir for 1 minute. Add the milk before beating together with a whisk. When the sauce has thickened, add 50g of cheese and stir until melted.
2. Leave the sauce to cook for 30 minutes before adding in the sour cream and mixing together. Pour the sauce into containers and place in the fridge.
3. Pre-heat the oven to 160°C and line a baking tray with baking parchment.
4. Working one wrap at a time, brush one side with egg white and sprinkle with the remaining 50g of cheese and the seeds.
5. Using star-shaped cookie cutters, cut 3 inch stars from the edge of the wrap and 2 inch stars from the centre. Place cheese side-down on baking sheet(s).
6. Bake on middle oven rack for 6-8 minutes until lightly golden and crisp.
7. Remove from the oven and leave to cool.

NUTRITIONAL ANALYSIS PER SERVING (APPROXIMATE)

302kcal | 9.8g protein | 37g carbohydrate of which 3.5g sugars | 13.7g fat of which 6.1g saturates | 1.8g dietary fibre | 521mg sodium equivalent to 1.3g salt | 235mg calcium | 244mg phosphorus | 0.4µg vitamin B₁₂