



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

HAM CHEESE AND SPINACH PUFFS

2 sheets puff pastry	Freshly cracked black pepper, to taste
2 tablespoons unsalted butter	Ground nutmeg, optional
2 tablespoons all-purpose flour	½ pound cooked ham, diced
1 cup warm milk	2 cups fresh spinach, rinsed and chopped
1 pinch of salt	1 cup Swiss cheese, grated

1. Cut the puff pastry sheets into 5-inch squares. Set aside in the refrigerator. Preheat your oven to 400 degrees F.
2. For the bechamel sauce: Melt butter over medium heat in a saucepan. Add flour and salt; cook, stirring frequently, until the mixture becomes pale golden with a slightly nutty aroma.
3. Pour the warm milk in 2 steps, stirring constantly with wooden spoon and whisk until smooth. Cook the mixture, stirring constantly along the bottom of the saucepan, until boiling, about 7 minutes.
4. Reduce heat to low. Simmer gently until sauce thickens, about 10 minutes. If you still have lumps, use your immersion blender.
5. Stir in spinach and cook for 1 minute. Add ham and half of cheese and stir well. Set aside.
6. Arrange the puff pastry squares on a baking sheet lined with parchment paper. Dollop 1 to 2 tablespoons of the bechamel mixture, top with the remaining half of the grated cheese and close the pockets by folding the corners on top.
7. Make an egg wash using an egg and 1 coffee spoon of cold water. Brush the puff pastry and bake in the oven for 20 minutes, until puffed and golden. Serve immediately.