



Savory Palmiers

- 1 can [Veja-Links](#) or [Super Links](#), drained
- 2 onions, sliced
- 2 tablespoons butter
- ½ cup shredded cheddar cheese
- 1 sheet frozen puff pastry, thawed
- 1 large egg, beaten with 1 tablespoon water
- 2 teaspoons The Vegetarian Express [Roasted Garlic Red Bell Pepper Zip](#)

Directions: Sauté the onions in a skillet with the butter on medium heat until the onions have caramelized (30-45 minutes). Mash or grind the links and add the Roasted Garlic Red Bell Pepper Zip seasoning. Roll the pastry out to 10x12 inches. Sprinkle cheese on top, then spread a layer of the link mixture followed by a layer of the caramelized onions. Roll both of the long sides toward the center until they meet. Chill in the refrigerator for 20 minutes or place in freezer for 10 minutes.

Preheat oven to 400 degrees. Line baking sheet with parchment paper. Slice the roll into 1/3 inch slices. Lay on baking sheet and brush with egg mixture. Bake until golden brown, about 20 minutes.

Submitted by Lucy P. of North Carolina