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# Four-Seed Cheddar Triangles (Crackers)

From Southern Living, 12/2010



**10 ounces sharp Cheddar cheese, shredded**  
**1 1/2 cups all-purpose flour**  
**1/2 cup unsalted butter, cut into 4 pieces and softened**  
**1 teaspoon kosher salt**  
**1/2 teaspoon red pepper flakes**  
**2 tablespoons half and half**

**SEASONINGS:**

**1 whole egg white**  
**1 teaspoon water**  
**1/4 cup pumpkin seeds, roasted, salted**  
**1/4 cup sunflower seeds, toasted**  
**2 tablespoons sesame seeds, toasted**  
**2 tablespoons black sesame seeds**

**Yield: 32 crackers**

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*Per Serving (excluding unknown items): 199 Calories; 14g Fat (64.8% calories from fat); 7g Protein; 11g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 233mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

**Servings: 16**

1. Pulse first 5 ingredients in a food processor at 5-second intervals until mixture resembles coarse crumbs. Add half-and-half, and process 10 seconds or until dough forms a ball. If it's too dry, add about a teaspoon of the half and half and pulse again until the dough forms a ball. Divide in half.
2. Dough may be wrapped in plastic wrap, sealed in a zip-top plastic freezer bag, and chilled up to 3 days.
3. Preheat oven to 350°F.
4. If you chilled the dough, leave it out for about an hour before trying to roll it out. Roll each half into a 9- to 10-inch round. Transfer rounds to parchment paper-lined baking sheets.
5. Whisk together 1 egg white and 1 tsp. water just until foamy. Stir together pumpkin seeds, sunflower kernels, sesame seeds, and black sesame seeds. Brush rounds with egg white mixture, and sprinkle with seed mixture and press lightly so the seeds stick to the dough. Cut each round into wedges of random sizes, using a fluted pastry wheel. Separate wedges about 1 inch apart onto the baking sheets.
6. Bake 16 to 18 minutes; cool on baking sheets on wire racks for 10-30 minutes.