**Herbed Spirals** – makes about 20

20 ml margarine, softened

7 ml – each finely chopped green onion & parsley

2 ml – dried rosemary

1 clove garlic; crushed

½ ml – black pepper

250 gm packaged frozen puff pastry (thawed)

15 ml margarine

5 ml poppy seeds

1. Pre-heat oven to 450° F
2. In a bowl, stir together the softened margarine, fresh and dried herbs, garlic and pepper.
3. Roll out pastry. The piece should be almost the size of a baking sheet.
4. Spread margarine mixture evenly over one half of puff pastry. Moisten edges very slightly with water. Top with remaining pastry. Press the edges to seal.
5. Brush top of pastry with 15 ml of melted margarine. Sprinkle with poppy seeds.
6. Cut pastry in half crosswise. Then cut lengthwise into 1.5 cm thick strips. Twist both ends of the strip to make a spiral, seal ends.
7. Place spirals on cookie sheet and bake for 10 – 15 min. or until golden brown. Cool.

