

Mix & Match Mini Tarts

These bite size appetizers are a tasty addition to any holiday party's menu. Use this recipe as a guide but feel free to customize with your favorite filling combinations – the options are endless!

YIELD 14 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

1 box Phyllo Tart Shells (14 mini shells)

Filling Options:

Onion Jam & Blue Cheese:

5 Tbsp Onion Bacon Jam (see separate recipe)
3 oz Blue Cheese, crumbled (about 5 Tbsp)

Brie & Cranberry:

5 Tbsp Cranberry Sauce, canned, whole berry
3 oz Brie, cut into ½" pieces
1 Tbsp Rosemary, fresh, chopped

Goat Cheese & Spiced Pecan:

3 oz Goat Cheese, crumbled (about 5 Tbsp)
¼ cup Maple Rosemary Spiced Nuts (see separate recipe)

Spinach & Artichoke:

¼ cup Spinach & Artichoke Dip (see separate recipe)
5 Tbsp Parmesan Cheese, grated

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line a small sheet tray with parchment paper or foil.
2. Place phyllo shells on prepared sheet tray and fill each shell with 1-2 tsp of your desired fillings. For example, for the onion jam and blue cheese version: fill each cup with about 1 tsp of onion jam and about 1 tsp of crumbled blue cheese.
3. Once all shells are filled, bake for about 10 minutes, until fillings are hot and bubbly and shells are lightly browned and crisp.



CHEF'S NOTES

Phyllo is a great option for calorie conscious appetizers because it has almost no fat – leaving room for you to add more decadent fillings. The premade shells make your appetizer assembly a breeze!

If you can't find premade phyllo shells, you can also use a sheet of frozen puff pastry. Simply roll out a sheet of defrosted pastry and cut into 3"x3" squares. Spray a mini muffin pan with nonstick spray and then place a square in each cup, pressing down lightly. Add your fillings and bake at 475°F for about 10 minutes. Puff pastry will add additional calories and saturated fat to your recipe, but you'll get light and fluffy mini tarts that are almost as easy as the phyllo shells.

Onion Jam & Blue Cheese:

Nutrition Facts	
14 servings per container	
Serving Size	1 mini tart (16 g)
Amount per serving	
Calories	40
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans Fat 0g</i>	
Cholesterol less than 5mg	0%
Sodium 90mg	4%
Total Carbohydrate 3g	0%
Dietary Fiber 0g	0%
Total Sugars less than 1g	
Includes 0g Added Sugars	
Protein 2g	3%
Vitamin D 0.03mcg	0%
Calcium 30mg	2%
Iron 0.03mg	0%
Potassium 21mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Cranberry & Brie:

Nutrition Facts	
14 servings per container	
Serving Size	1 mini tart (15 g)
Amount per serving	
Calories	45
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 1.5g	7%
<i>Trans Fat 0g</i>	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 4g	0%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0.02mg	0%
Potassium 2mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Goat Cheese & Spiced Pecan:

Nutrition Facts	
14 servings per container	
Serving Size	1 mini tart (9 g)
Amount per serving	
Calories	40
% Daily Value *	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat 0g</i>	
Cholesterol less than 5mg	0%
Sodium 30mg	0%
Total Carbohydrate 3g	0%
Dietary Fiber 0g	0%
Total Sugars less than 1g	
Includes 0g Added Sugars	
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0.16mg	0%
Potassium 12mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spinach & Artichoke:

Nutrition Facts	
14 servings per container	
Serving Size	1 mini tart (12 g)
Amount per serving	
Calories	25
% Daily Value *	
Total Fat 1.5g	0%
Saturated Fat 0.5g	3%
<i>Trans Fat 0g</i>	
Cholesterol less than 5mg	0%
Sodium 60mg	3%
Total Carbohydrate 2g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 1g	3%
Vitamin D 0.01mcg	0%
Calcium 30mg	3%
Iron 0.05mg	0%
Potassium 9mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

