

# Cranberry & Goat Cheese 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       | PREP TIME | TOTAL TIME |
|-------------|-----------|------------|
| 15 SERVINGS | 15 MIN    | 25 MIN     |

## INGREDIENTS

|        |                                     |
|--------|-------------------------------------|
| 1 box  | Phyllo Tart Shells (15 mini shells) |
| 3 oz   | Goat Cheese (log style)             |
| 5 Tbsp | Whole Berry Cranberry Sauce, canned |
| 1 Tbsp | Rosemary, fresh, chopped            |

## 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.

Other filling ideas:

- Blue cheese, onion jam, and thyme
- Brie, cherry preserves, and rosemary
- Cream cheese, pepper jelly and chives

## 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 teaspoon of goat cheese, 1 teaspoon of cranberry sauce, and about ¼ tsp of chopped rosemary.
3. Once all shells are filled, bake for about 10 minutes, until fillings are hot and bubbly and shells are lightly browned and crisp. Enjoy!

# Nutrition Facts

5 servings per container

**Serving size 3 mini tarts (43g)**

**Amount Per Serving**

**Calories 110**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 105mg **5%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

**Protein** 4g

Vitamin D 0.1mcg 0%

Calcium 20mg 2%

Iron 0.3mg 2%

Potassium 10mg 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.

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