

Mini Apple-Blue Cheese Tarts

Food Network Magazine - December 2015

Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

1 shallot, chopped

1 small apple, peeled and diced

1 teaspoon chopped thyme

pinch salt

butter

crumbled blue cheese

chopped parsley (for garnish)

Preheat the oven to 375 degrees.

Place the frozen mini-tarts on a parchment-lined baking sheet.

Bake the tarts until browned and crisp (about 5 minutes). Remove to a platter to cool.

In a skillet, saute' the shallot, apple, thyme and salt in butter until soft, about 8 minutes.

Divide the mixture among the prebaked shells.

Top with the blue cheese.

Return the shells to the baking sheet. Bake until melted, about 15 minutes.

Garnish with parsley.

Start to Finish Time: 20 minutes

You may buy boxes of 15 frozen mini-tarts in your grocers frozen dessert section.

Per Serving (excluding unknown items): 89 Calories; 1g Fat (4.6% calories from fat); 1g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	89	Vitamin B6 (mg):	.1mg
% Calories from Fat:	4.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	7mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 23g
Dietary Fiber (g): 4g
Protein (g): 1g
Sodium (mg): 1mg
Potassium (mg): 192mg
Calcium (mg): 13mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 9mg
Vitamin A (i.u.): 1322IU
Vitamin A (r.e.): 132 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 1 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 89 **Calories from Fat:** 4

% Daily Values*

Total Fat	1g		1%
Saturated Fat	trace		0%
Cholesterol	0mg		0%
Sodium	1mg		0%
Total Carbohydrates	23g		8%
Dietary Fiber	4g		15%
Protein	1g		
<hr/>			
Vitamin A			26%
Vitamin C			14%
Calcium			1%
Iron			2%

* Percent Daily Values are based on a 2000 calorie diet.