

Mini Shrimp Asparagus Dijonnaise Tart

Servings: 15

1/3 cup light mayonnaise
2 tablespoons Dijon mustard
1/2 teaspoon lemon zest
1/2 teaspoon lemon juice
4 ounces (about five) fresh asparagus stalks
1 box (15 tart shells) Athens mini fillo shells
15 cooked shrimp (70/90 ct)

To make the Dijonnaise dressing: In a small bowl, combine the mayonnaise, mustard, lemon zest and lemon juice.

Steam the asparagus. Cut off the tips (reserve for garnish) and cut the remaining stalk into 1/4-inch slices.

Toss the asparagus slices with half of the Dijonnaise dressing.

Spoon one teaspoon of the asparagus pieces into each fillo shell.

Garnish with 1/2 teaspoon of the Dijonnaise, one shrimp and one asparagus tip.

Serve immediately.

Per Serving (excluding unknown items): 14 Calories; 1g Fat (69.1% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 51mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	14	Vitamin B6 (mg):	trace
% Calories from Fat:	69.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	27.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

