

# Butternut Squash - Goat Cheese Bites

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## **Yield: 30 bites**

*1 cup frozen cooked winter squash puree (such as Birdseye 12 ounce package), thawed*  
*2 tablespoons heavy cream*  
*4 ounces soft goat cheese, at room temperature*  
*1 egg yolk*  
*3/4 teaspoon salt*  
*1/8 teaspoon ground white pepper*  
*2 boxes (1.9 ounce ea) Athens mini fillo shells*  
*1/3 cup canola oil*  
*30 sage leaves*

## **Preparation Time: 20 minutes**

### **Bake: 10 minutes**

Preheat the oven to 350 degrees.

In a small pot, whisk together the butternut squash puree and heavy cream over medium-low heat. When hot, whisk in the goat cheese until melted. Remove from the heat and stir in the yolk, 1/2 teaspoon of the salt and the pepper. Cool slightly.

Place the pastry shells on a baking sheet. Transfer the squash mixture into a resealable plastic bag and snip off one corner. Pipe into the pastry shells.

Bake for 8 to 10 minutes, until set.

In a small skillet, heat the canola oil until shimmering. Fry the sage leaves (in two batches) for 30 seconds, until crisp. Remove to a paper towel and sprinkle with the remaining 1/4 teaspoon of salt. Garnish the bites with the fried sage leaves.

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Per Serving (excluding unknown items): 1103 Calories; 112g Fat (90.4% calories from fat); 24g Protein; 2g Carbohydrate; trace Dietary Fiber; 306mg Cholesterol; 2034mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 17 1/2 Fat.

Appetizers

**Per Serving Nutritional Analysis**

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% Calories from Fat:	90.4%
% Calories from Carbohydrates:	0.8%
% Calories from Protein:	8.8%
Total Fat (g):	112g
Saturated Fat (g):	30g
Monounsaturated Fat (g):	53g
Polyunsaturated Fat (g):	23g
Cholesterol (mg):	306mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	24g
Sodium (mg):	2034mg
Potassium (mg):	68mg
Calcium (mg):	212mg
Iron (mg):	3mg
Zinc (mg):	2mg
Vitamin C (mg):	trace
Vitamin A (i.u.):	1932IU
Vitamin A (r.e.):	549RE

Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	39mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	17 1/2
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 1103                      Calories from Fat: 997

### % Daily Values\*

<b>Total Fat</b> 112g	172%
Saturated Fat 30g	150%
<b>Cholesterol</b> 306mg	102%
<b>Sodium</b> 2034mg	85%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	0%
<b>Protein</b> 24g	
<b>Vitamin A</b>	39%
<b>Vitamin C</b>	0%
<b>Calcium</b>	21%
<b>Iron</b>	15%

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