

Maxwell Street Polish Mini Tarts

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Servings: 12

Yield: 24 mini tarts

3 tablespoons butter
1 large (2-1/2 cups) onion, cut in half and thinly sliced
1/8 teaspoon garlic powder
ground black pepper
1 teaspoon sugar
1/2 package (17.3 ounce) Pepperidge Farms Puff Pastry Sheets (one sheet), thawed
1/3 package (16 ounce) kielbasa, cut in half lengthwise and sliced 1/4-inch thick
2 tablespoons yellow mustard
fresh parsley (for garnish), chopped

Preparation Time: 25 minutes

In a twelve-inch skillet over medium-high heat, melt the butter. Add the onion, garlic powder and black pepper. Cook and stir until the onion is tender. Stir in the sugar. Cook until the onion is golden brown, stirring to scrape up the browned bits from the bottom of the skillet. Remove the skillet from the heat. Reserve one-half cup of the onion mixture. Save the rest for another use.

Preheat the oven to 400 degrees.

Unfold the pastry sheet on a lightly floured surface. Roll the pastry sheet into a 10x15-inch rectangle. Cut into twenty-four 2-1/2-inch squares. Press the pastry squares into twenty-four mini muffin-pan cups. Divide the kielbasa among the pastry squares.

Bake for 15 minutes or until the pastries are golden brown.

Top each pastry with 1/4 teaspoon of mustard and one teaspoon of the reserved onion mixture. Sprinkle with the parsley, if desired.

Start to Finish Time: 1 hour 50 minutes

Per Serving (excluding unknown items): 34 Calories; 3g Fat (81.0% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 69mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	34	Vitamin B6 (mg):	trace
% Calories from Fat:	81.0%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	15.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	3.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	2mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	8mg	% Refused:	n.n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	69mg	Vegetable:	0
Potassium (mg):	21mg	Fruit:	0
Calcium (mg):	5mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	108IU		
Vitamin A (r.e.):	27RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 34 **Calories from Fat:** 28

% Daily Values*

Total Fat 3g	5%
Saturated Fat 2g	9%
Cholesterol 8mg	3%
Sodium 69mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein trace	
Vitamin A	2%
Vitamin C	1%
Calcium	1%
Iron	0%

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