

Mini Butternut Squash-Sage Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

1 cup butternut squash, peeled and diced

2 tablespoons olive oil

8 torn sage leaves

grated Fontina cheese

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.

Increase the oven temp to 425 degrees.

In an oven-proof bowl, toss the squash, olive oil and sage leaves.

Roast the mixture until tender, about 15 minutes.

Divide the mixture among the prebaked shells. Top with the Fontina cheese. Return the tarts to the baking sheet.

Reduce the oven to 375 degrees.

Bake until the cheese is melted, about 15 minutes.

Serve hot.

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): 302 Calories; 27g Fat (77.5% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 Grain(Starch); 5 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

