

Mini Spicy Sausage Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-tarts

4 ounces merguez sausage, crumbled

1/4 cup plain Greek yogurt

1 tablespoon olive oil

salt

diced cucumber (for garnish)

chopped mint (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, cook the sausage until no longer pink.

Divide the sausage among the prebaked shells.

In a bowl, mix the yogurt and olive oil. Season with salt.

Top the sausage with the yogurt mixture.

Garnish with the cucumber and mint.

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): 119 Calories; 14g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 2 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	119	Vitamin B6 (mg):	0mg
% Calories from Fat:	100.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	14g	Folacin (mcg):	0mcg

