

Breakfast

Smoky Onion-Custard Tarts

Arlene Erlbach - Morton Grove, IL
Pillsbury Bake-Off 45th Contest 100 Winning Recipes

Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 1 hour 15 minutes

2 tablespoons butter

1 1/2 cups sweet onions, coarsely chopped

2 eggs

1 teaspoon liquid smoke flavoring

1/4 teaspoon McCormick ground nutmeg

3 ounces 1/3-less-fat cream cheese (Neufchatel), slightly softened

2/3 cup sour cream

1/2 cup Parmesan cheese, shredded

1 can Pillsbury Place 'n Bake refrigerated crescent rounds

4 teaspoons McCormick chopped chives

Preheat the oven to 375 degrees.

Spray the bottoms of 8 regular-size muffin cups with Crisco cooking spray.

In a 10-inch skillet, melt the butter over medium heat. Cook and stir the onions in butter for 5 to 6 minutes or until softened.

In a medium bowl, beat the eggs, liquid smoke and nutmeg with an electric mixer on medium speed until well blended. Beat in the cream cheese and sour cream until blended and smooth. Add the onions and Parmesan cheese. Mix well.

Remove the crescent dough from the can, Separate into eight rounds. On a floured surface using a rolling pin, roll each round to a 4 1/2-inch diameter. Press each into a muffin cup. Spoon about 1/3 cup of the onion mixture into each cup. Sprinkle each cup with 1/2 teaspoon of chives.

Bake for 25 to 30 minutes or until the custard center is set and the edges are golden brown.

Cool in the pan for 15 minutes. Run a knife around the edge of each muffin cup to loosen the tart. Remove from the pan.

Serve warm.

Per Serving (excluding unknown items): 119 Calories; 10g Fat (72.3% calories from fat); 5g Protein; 4g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 153mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.