

Spinach Feta Tarts

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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 30 minutes

- 1 sheet frozen puff pastry sheet, thawed**
- 1 small red onion, chopped**
- 1 tablespoon garlic, minced**
- 2 tablespoons olive oil**
- 1 box (10 oz) frozen spinach, thawed and squeezed dry**
- 1 cup feta cheese, crumbled**

Preheat the oven to 400 degrees.

Roll out the puff pastry sheet to a 10-inch square. Cut into four squares.

Bake for 12 to 15 minutes or until golden.

While the pastry is baking, saute' the onion and garlic in oil in a skillet for 5 minutes.

Add the spinach and cook for 3 minutes more.

Divide the spinach mixture among the puff pastry squares.

Sprinkle with the feta cheese.

Bake 5 minutes or until hot.

Per Serving (excluding unknown items): 529 Calories; 39g Fat (64.9% calories from fat); 12g Protein; 35g Carbohydrate; 3g Dietary Fiber; 33mg Cholesterol; 605mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 7 Fat.