

Spinach-Feta Mini Tarts

Tom Mullen - Port St Lucie, FL

Yield: 30 tarts

*1 package (10 ounce)
frozen chopped spinach,
thawed and drained
2 eggs, beaten
1 cup sour cream
1 tablespoon onion, grated
1/2 cup Parmesan cheese,
grated
4 ounces Feta cheese
1 tablespoon flour
1 tablespoon butter
1 teaspoon salt
1/8 teaspoon pepper
Feta cheese (for topping)
bread crumbs (for topping)*

Preheat the oven to 350 degrees.

In a saucepan, cook the spinach according to package directions. Drain well. Squeeze out any excess juice.

Place the tarts on an ungreased baking sheet. Bake for 7 minutes until lightly crisp.

Remove from the oven to cool. Place the tarts on a large serving dish to completely cool.

In a bowl, combine the spinach with the eggs, sour cream, onion, Parmesan cheese, Feta cheese, flour, butter, salt and pepper. Mix well.

Fill the tarts with the spinach mixture. Sprinkle feta cheese and bread crumbs over the top.

Bake in oven for 5 minutes to warm the tarts. (This step may be skipped to serve the tarts at room temperature.)

Serve.

Per Serving (excluding unknown items): 1366 Calories; 107g Fat (68.9% calories from fat); 67g Protein; 42g Carbohydrate; 14g Dietary Fiber; 690mg Cholesterol; 4859mg Sodium. Exchanges: 1/2 Grain(Starch); 6 Lean Meat; 4 Vegetable; 1/2 Non-Fat Milk; 17 Fat.