Mini Butternut Squash-Sage Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo mini-

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 minitarts 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

Calories (kcal):	302	Vitamin B6 (mg):	.2mg
% Calories from Fat:	77.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	20.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	27g	Folacin (mcg):	37mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg 0
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0.0%
Cholesterol (mg):	0mg		
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	1
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	6mg	Vegetable:	0
Potassium (mg):	493mg	Fruit:	0
Calcium (mg):	67mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	5 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	29mg		
Vitamin A (i.u.):	10921IU		
Vitamin A (r.e.):	1092RE		

Nutrition Facts

Amount Per Serving			
Calories 302	Calories from Fat: 234		
	% Daily Values		
Total Fat 27g Saturated Fat 4g Cholesterol 0mg Sodium 6mg Total Carbohydrates 16g Dietary Fiber 2g Protein 1g	42% 18% 0% 0% 5% 10%		
Vitamin A Vitamin C Calcium Iron	218% 49% 7% 6%		

^{*} Percent Daily Values are based on a 2000 calorie diet.