Mini Spicy Sausage Tarts

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Yield: 15 minitarts

1 box (15 each) frozen phyllo minitarts

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 minitarts 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

Dar Camina Mutritional 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

Saturated Fat (g): Monounsaturated Fat (g): Polyunsaturated Fat (g): Cholesterol (mg):	2g 10g 1g 0mg	Niacin (mg): Caffeine (mg): Alcohol (kcal):	0mg 0mg 0 0 0%
Carbohydrate (g): Dietary Fiber (g): Protein (g): Sodium (mg): Potassium (mg): Calcium (mg): Iron (mg):	0g 0g 0g trace 0mg trace trace	Food Exchanges Grain (Starch): Lean Meat: Vegetable: Fruit: Non-Fat Milk: Fat: Other Carbohydrates:	0 0 0 0 0 2 1/2
Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	trace 0mg 0IU 0RE		0

Nutrition Facts

Amount Per Serving				
Calories 119	Calories from Fat: 119			
	% Daily Values*			
Total Fat 14g Saturated Fat 2g Cholesterol 0mg Sodium trace Total Carbohydrates 0g Dietary Fiber 0g Protein 0g	21% 9% 0% 0% 0% 0%			
Vitamin A Vitamin C Calcium Iron	0% 0% 0% 0%			

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