# Mini Spicy Sausage Tarts <br> Food Network Magazine - December 2015 

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.
$\overline{\text { Per Serving (excluding unknown }}$ items): 119 Calories; 14 g Fat (100.0\% calories from fat); 0 g Protein; Og Carbohydrate; 0g Dietary Fiber; Omg Cholesterol; trace Sodium. Exchanges: 2 1/2 Fat.

## Appetizers



| Calories (kcal): | 119 | Vitamin B6 (mg): | 0 mg |
| :--- | ---: | :--- | ---: |
| \% Calories from Fat: | $100.0 \%$ | Vitamin B12 $(\mathbf{m c g}):$ | 0 mcg |
| \% Calories from Carbohydrates: | $0.0 \%$ | Thiamin B1 | $0 \mathrm{mg})$ |
| \% Calories from Protein: | $0.0 \%$ | Riboflavin B2 $(\mathbf{m g}):$ | 0 mg |
| Total Fat (g): | 14 g | Folacin $(\mathbf{m c g}):$ | 0 mcg |


| Saturated Fat (g): | 2 g |
| :--- | ---: |
| Monounsaturated Fat (g): | 10 g |
| Polyunsaturated Fat (g): | 1 g |
| Cholesterol (mg): | 0 mg |
| Carbohydrate (g): | 0 g |
| Dietary Fiber (g): | 0 g |
| Protein (g): | 0 g |
| Sodium (mg): | trace |
| Potassium (mg): | 0 mg |
| Calcium (mg): | trace |
| Iron (mg): | trace |
| Zinc (mg): | trace |
| Vitamin C (mg): | 0 mg |
| Vitamin A (i.u.): | $0 I \mathrm{U}$ |
| Vitamin A (r.e.): | $0 R E$ |

## Food Exchanges

Grain (Starch): ..... 0
Lean Meat: ..... 0
Vegetable: ..... 0
Fruit: ..... 0
Non-Fat Milk: ..... 0
Fat: ..... $21 / 2$
Other Carbohydrates: ..... 0

| Niacin (mg): | 0 mg |
| :--- | ---: |
| Caffeine (mg): | 0 mg |
| Alcohol (kcal): | 0 |
| O/ Dofica. | $0 \mathrm{n} \%$ |

Niacin (mg): ..... Omg
Alcohol (kcal): ..... 0 ก\%
Cabohydrat (g):0 gSodin (g):traceCalcium (mg):trace
Iron (mg):trace
Vitamin C (mg):OIU
Vitamin A (r.e.): ..... ORE
Nutrition Facts
Amount Per Serving

| Calories 119 | Calories from Fat: 119 |
| :--- | ---: |
|  | \% Daily Values* |
| Total Fat 14g | $21 \%$ |
| Saturated Fat 2 g | $9 \%$ |
| Cholesterol Omg | $0 \%$ |
| Sodium trace | $0 \%$ |
| Total Carbohydrates 0 g | $0 \%$ |
| $\quad$ Dietary Fiber 0g | $0 \%$ |
| Protein 0g |  |
| Vitamin A | $0 \%$ |
| Vitamin C | $0 \%$ |
| Calcium | $0 \%$ |
| Iron |  |

[^0]
[^0]:    * Percent Daily Values are based on a 2000 calorie diet.

