



Fresh Fruit Tarts

Prep: 20 minutes

Bake: 8 minutes • Serves: 8

Shells

12 sheets (9 x 14 inches each) phyllo dough, thawed
Essential Everyday® butter cooking spray

Filling

1 package (8 ounces) Dutch Farms® Neufchâtel cheese, softened
¼ cup County Market® powdered sugar
1 tablespoon Dutch Farms® reduced fat sour cream
½ teaspoon pure vanilla extract

Topping

½ cup apple jelly
2⅔ cups fresh fruit: raspberries, blueberries, sliced bananas, sliced kiwi and/or Mandarin oranges, in light syrup, drained

1. Prepare Shells: Preheat oven to 375°. Unwrap and unroll phyllo dough; cover phyllo dough with clean damp towel to prevent drying.

2. Transfer 1 sheet to work surface and spray lightly with cooking spray, keeping remaining sheets covered with damp towel. Repeat 5 times, placing sheets on top of first layer, for a total of 6 layers; cut into 4 equal size rectangles. Form each into 4 muffin cups in muffin pan, pressing firmly against bottom and sides. Repeat with 6 more phyllo dough sheets and cooking spray. Bake 8 to 10 minutes or until lightly browned. Let cool.

3. Prepare Filling: In small bowl, with rubber spatula, fold together all ingredients. With whisk, stir filling until well combined.

4. Prepare Topping: In small saucepan, melt jelly. Do not let boil.

5. Transfer filling to large zip-top plastic bag with bottom corner snipped off (or use a spoon), and evenly divide filling into shells. Arrange fruit of choice over filling and brush fruit with jelly.

*Approximate nutritional values per serving:
300 Calories, 11g Fat (6g Saturated), 31mg Cholesterol,
231mg Sodium, 45g Carbohydrates, 2g Fiber, 4g Protein*