



Fresh Fruit Tarts

Prep: 20 minutes • Bake: 8 minutes • Serves: 8

Shells

- 12 sheets (9 x 14 inches each) phyllo dough, thawed
- Butter cooking spray

Filling

- 1 package (8 ounces) Neufchâtel cheese, softened
- ¼ cup powdered sugar
- 1 tablespoon 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 : 286 Calories, 9g Fat (28% of total calories), 5g Saturated Fat (16% of total calories), 21mg Cholesterol, 275mg Sodium, 30g Carbohydrates, 1g Fiber, 5g Protein

*Dietary Exchanges:
2 Starch; 1 Protein; 2 Fat*