



Spinach-Tomato Tartlets

Recipe courtesy Chef Bryan Woolley

4 tablespoons extra-virgin olive oil, divided
1 medium sweet onion, coarsely chopped
1 pound spinach, tough stems removed, washed, dried and coarsely chopped
1 cup low-fat ricotta cheese
1/3 cup crumbled goat cheese
1 large egg
3 large egg whites
2 tablespoons chopped fresh dill
1/2 teaspoon freshly ground pepper
1/4 teaspoon ground nutmeg
1/2 cup sun-dried tomatoes, finely chopped (not oil-packed)
2 tablespoons butter
20 sheets (9-by-14-inch) phyllo dough, thawed according to package directions

1. Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and cook, stirring, until brown and tender, about 5 minutes. Add spinach in batches and cook, stirring occasionally, until wilted, 2 to 3 minutes.
2. Whisk ricotta, goat cheese egg, egg whites, dill, pepper and nutmeg in a large bowl. Stir in the spinach mixture and sun-dried tomatoes. (Can prepare filling a day ahead of time and refrigerate.)
3. Preheat oven to 325°F.
4. Melt butter with the remaining 2 tablespoons oil in a small saucepan. Remove from the heat.
5. Unroll phyllo sheets onto a clean, dry surface, keeping them in a stack. Cut in half crosswise. Set aside, keeping it covered to prevent it from drying out while you work.
6. Lightly brush each tartlet pan with some of the melted butter mixture. Place 1 half-sheet of phyllo in each pan, pressing it into the edges; brush with the butter mixture. Repeat process until there are 5 layers in each pan. Trim dough, leaving about a 1-inch overhang.
7. Place the tartlet pans on a baking sheet. Divide the spinach mixture among the pans. Fold the dough over the filling (it won't cover completely). Brush the edges of the dough with the remaining butter mixture.
8. Bake about 35 minutes. Filling will be set and crust golden brown. Cool for 5 minutes, and then gently turn the tartlets out of the pans. Serve warm.

Nutrition Facts

Serving size: One Tartlet
Calories: 310
Total Fat: 16g
Saturated Fat: 6g
Cholesterol: 50mg
Sodium: 520mg
Carbohydrates: 30g
Dietary Fiber: 3g
Protein: 12g

Diabetic Exchanges

Protein: 2 (1.7)
Fat: 3
Carbohydrates: 2