



FINCH + FENNEL

Lemon + Fig Marmalade & Goat Cheese Tarts

Wow! These tarts will liven up a brunch or breakfast like nothing you've tried before now!
They're both nutritious and low in fat.

INGREDIENTS:

- 1 ¼ c F+F Lemon + Fig Marmalade
- ¾ c Dried Figs, very finely chopped
- ¼ c Water
- 2 pkg Frozen Mini Phyllo Pastry Shells (15 shells, each)
- ½ c (4 oz) Fat-Free Cream Cheese, softened
- 1 (4-oz) pkg Goat Cheese
- 1 Large Egg White
- 1 Tbsp 1% Low-Fat Milk
- 2 Tbsp Powdered Sugar
- 1 Tbsp All-Purpose Flour
- ½ tsp Salt



DIRECTIONS:

1. Combine F+F Lemon + Fig Marmalade, dried chopped figs and water in small saucepan.
2. Bring to a boil and simmer 15-20 minutes, until figs soften and liquid reduces. Remove from heat and allow to cool.
3. Preheat oven to 350°F.
4. Arrange phyllo shells in a single layer on a jelly roll pan or cookie sheet.
5. Combine cheeses in a medium bowl. Beat with a mixer at medium speed until smooth.
6. Add egg white; beat well. Add milk; beat well.
7. Combine sugar, flour & salt in a separate bowl; add to cheese mixture, beating well.
8. Spoon about 1 ½ teaspoons cheese mixture into each phyllo shell. Bake at 350° for 15 minutes or until lightly browned.
9. Cool on a wire rack.
10. Top each tart with about 1 ½ teaspoons F+F Lemon + Fig Marmalade & fig sauce, & serve!

Enjoy!

