

# Roasted Asparagus and Goat Cheese Tarts

## Ingredients:

- 4 sheets of phyllo or 2 sheets of puff pastry (available frozen at the grocery store)
- Olive oil, as needed
- 2 cylinders of goat cheese (8-12 ounces each)
- 1 bunch of asparagus
- salt and pepper, to your taste

## Directions:

- 1) Preheat oven to 400 degrees. Line cookie sheet with parchment paper or foil
- 2) Brush the pastry sheets with olive oil and carefully fold into a rectangle. Place rectangle on the covered cookie sheet. If using puff pastry, poke a few holes in the pastry with a fork. Tarts can be made small and served individually, or one large tart can be cut into bite-sized pieces.
- 3) Crumble goat cheese on top of pastry rectangle/s, leaving a thin border of pastry
- 4) Wash and trim the asparagus and place it over the goat cheese. Drizzle with a small amount of olive oil and add a pinch of salt and pepper.
- 5) Bake for 12-15 minutes, or until the edges are crispy and golden brown. Cut into bite-sized pieces and serve hot, or cool completely before serving

Recipe adapted from: <http://www.sheknows.com/recipes/roasted-asparagus-and-goat-cheese-tarts>

For more recipes, visit <https://stjoefarm.wordpress.com>

*The*  
**Farm**

Saint Joseph Mercy Health System

Serves 16

**Nutrition per serving:**  
**148 calories, 9g fat,**  
**224mg sodium, 9g**  
**carbs, 1g sugar, 8g**  
**protein**



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Recipe adapted from <https://www.eatingbirdfood.com/raw-collard-greens-salad/>  
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