

## Asparagus and Phyllo Tartlets

Finger food is a must this Spring! Although we may not be bringing these appetizers to our favourite friend and family gatherings, these little wonderful treats are the perfect way to celebrate at home this Spring. These bite-sized treats are also a wonderful way to tell your mom “HAPPY MOTHERS DAY!” with just one bite!

### Ingredients

12 medium asparagus, about 4 ounces  
2 olive oil spray, divided, plus  
2 garlic cloves, finely chopped  
1 tablespoon lemon juice  
1/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
1 1/3 ounces feta cheese, crumbled (*you can substitute goat cheese for feta*)  
6 tablespoons half and half  
1 large egg  
1 tablespoon chopped fresh dill  
4 phyllo sheets



### Directions:

1. Heat oven to 350° F. Lightly spray 6 cups in a muffin tin with olive oil spray.
2. Snap off and discard the woody end of the asparagus.
3. Cut 1 1/2-inch long pieces from the tip end. Cut the remaining parts of the stalks into 1-inch pieces.
4. Spray nonstick pan with olive oil spray over medium high heat. Add asparagus and garlic and sauté, stirring, for 2 minutes.
5. Stir in the lemon juice and 1 tablespoon water. Reduce heat to low, cover and cook for 1 minute more.
6. Remove asparagus pieces to a plate using a slotted spoon and reserve the pan juices and garlic.
7. Place a phyllo sheet on a clean work surface, lightly spray with oil and top with another phyllo sheet. Repeat with two more sheets and oil.
8. Cut the phyllo into 4-inch squares. Fit one square each in the prepared muffin cups.
9. Evenly distribute the 1-inch asparagus pieces and feta among the muffin cups.
10. Whisk half and half, egg, dill, and reserved pan juices together. Evenly divide among the phyllo cups (about 3 1/2 tablespoons in each).
11. Place two asparagus tips on each cup and bake for for 30 minutes until custard is set and phyllo is golden.