

Sun-Dried Tomato and Cheese Tartlets

Sun-dried tomatoes might serve up a strong taste for some children, but the soft cream cheese makes them more appetizing to young taste palates.

Ingredients:

- ❄️ 14 sun-dried tomatoes (not oil-packed)
- ❄️ 2 ½ ounces fat-free cream cheese
- ❄️ ½ cup low-fat small curd cottage cheese
- ❄️ 3 egg whites
- ❄️ 1 tablespoon flour
- ❄️ 1 tablespoon basil, chopped
- ❄️ 1 teaspoon fresh thyme, chopped
- ❄️ ¼ teaspoon ground black pepper

Directions:

1. Preheat oven to 350° F.
2. Spray a 12-compartment mini muffin tin with non-stick cooking spray. Place a sun-dried tomato in the bottom of each compartment. You will have two tomatoes left over; cut these into thin strips and set aside.
3. Combine cheeses, egg whites, flour, basil, thyme, and black pepper in a small mixing bowl.
4. Pour cheese mixture on top of each tomato, filling each cup almost to the top. Place 1-2 strips of reserved tomato on top of each.
5. Bake until puffed and lightly browned on top, about 18 to 20 minutes. Allow to cool 5 minutes before removing from muffin tin.
6. Serve warm or at room temperature.

Makes about 12 tartlets.

REMINDER TO SELF: Ask parents if children have any food allergies!

