

## **Caramelized Carrot and Onion Tarts**

August 2014 Luncheon from Dougi O'Bryan

60 Mini Phyllo Tarts

8 oz. Low Fat Cream Cheese (at room temperature)

1 ½ cups Finely Shredded Carrots

½ Toasted Pine Nuts

½ cup Green Onions, sliced

2/3 Cup Shredded Parmesan Cheese

3 Tbs. Olive Oil

1 Tsp. Italian Seasoning

Sauté carrots and onions in olive oil. Remove from heat, blend in cream cheese; add Parmesan cheese and pine nuts. Stir in seasoning. Fill phyllo cups and place on cookie sheet. Bake at 350 degrees for 8-10 minutes. Serve warm.