

## Rustic Fresh Blueberry Tart

(Makes 12 servings)

*Frozen puff pastry comes to the rescue for a quickly assembled dessert that can be adapted as various seasonal fruits arrive at the market.*

### **Ingredients:**

- Refrigerated butter-flavored cooking spray
- 1 quart fresh blueberries
- 2 tablespoons cornstarch
- 1 tablespoon grated lemon zest
- 1/3 cup sugar substitute
- Unbleached all-purpose flour, for dusting
- 1 sheet frozen puff pastry (1/2 of a 17.3 oz. package), thawed
- 1 tablespoon fresh lemon juice
- Frozen light whipped topping, thawed (optional)



### **Directions:**

- 1) Preheat the oven to 400F. Coat a nonstick baking sheet with cooking spray.
- 2) Place the berries in a bowl. Stir in the cornstarch, lemon zest, and sugar substitute, making sure that all berries are well coated.
- 3) On a lightly floured board, roll the puff pastry to a 12 x 14-inch rectangle. Place on the prepared baking sheet.
- 4) Mound the berries on the pastry, leaving a 1 ½ inch border. Fold in the four corners. Using wet fingers, bring up the border of the dough over the edge of the berries, pleating as you go to form a rustic free-form oval or rectangle. Sprinkle the berries with lemon juice.
- 5) Generously coat the top of the tart with cooking spray and bake 40 to 45 minutes, until the berries are cooked and the pastry is golden.
- 6) Serve warm or at room temperature with a dollop of light whipped topping, if desired.

### **Nutritional Analysis:** (per serving)

- |   |                      |
|---|----------------------|
| ▪ Calories: 140 (36% calories from fat) | ▪ Dietary Fiber: 3 g |
| ▪ Total Fat: 6 g                        | ▪ Cholesterol: 0 mg  |
| ▪ Saturated Fat: 1.5 g                  | ▪ Sodium: 70 mg      |
| ▪ Protein: 2 g                          | ▪ Potassium: 40 mg   |
| ▪ Carbohydrates: 20 g                   |                      |

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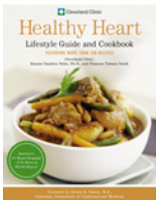
### **Variation: Apple Currant Tart**

- 1) Substitute 3 large peeled, thinly sliced Granny Smith apples for the berries.
- 2) Add ¼ cup dried currants that have been softened in 2 tablespoons dry sherry.
- 3) Reduce the sugar substitute to 2 tablespoons.
- 4) Add ½ teaspoon ground cinnamon.
- 5) Bake according to the master recipe.

### **Nutritional Analysis:** (per serving | *Apple Currant Tart variation*)

- Calories: 130 (36% calories from fat)
- Total Fat: 6 g
- Saturated Fat: 1.5 g
- Protein: 2 g
- Carbohydrates: 20 g
- Dietary Fiber: 2 g
- Cholesterol: 0 mg
- Sodium: 70 mg
- Potassium: 65 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*