



## UINDY RED HEART TART

Non-Stick cooking spray  
2 Tbsp. Sugar  
1 tsp. Cornstarch  
1/8 tsp. Cayenne pepper  
1/4 cup water  
1 cup fresh strawberries

1 cup fresh raspberries  
1 Tbsp. Sugar  
1/4 tsp. Ground cinnamon  
4 sheets frozen phyllo dough, (9x14-inch rectangles) thawed

Preheat the oven to 375 degrees. Lightly coat four 4x2x1/2-inch rectangular tart pans that have removable bottoms with cooking spray; set aside. In a small saucepan, stir together 2 Tbsp. Sugar, cornstarch and cayenne pepper. Stir in water and half the strawberries. Cook and stir over medium heat until mixture is thickened and bubbly. Fold in remaining strawberries and the raspberries; set aside.

In a small bowl, stir together 1 Tbsp. Sugar and cinnamon. Place one sheet of phyllo on cutting board. Lightly coat with cooking spray; sprinkle with about 1 tsp. Sugar mixture. Repeat layering with remaining phyllo and sugar mixture. Repeat layering with remaining phyllo and sugar mixture, ending with cooking spray. With a sharp knife, cut phyllo stack in half lengthwise and crosswise, forming four rectangles. Place rectangles in to prepared tart pans. Bake for 8 minutes or until phyllo is golden brown. Cool slightly; remove shells from pans. Spoon filling into shells just before serving. Serve warm or cool.

Yield: 4 servings

Nutrition Information: 110 Calories, 2 gm fat, 0 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 25 gm carbohydrate, 3 gm fiber, 2 gm protein, 95 mg sodium

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**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**