

Cherries Jubilee Tart

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

6 (4 inch) squares puff pastry
1 egg, beaten
1 can tart cherries (not sweet)
2 ounces kirsch cherry liqueur
2 teaspoons Splenda
2 tablespoons corn starch
¼ cup water
Pinch of cinnamon
Pinch of ground cloves

Directions

1. Preheat oven to 400 degrees.
2. Place the puff pastry squares on a baking sheet. Brush lightly with the egg wash and bake for 10-15 minutes until puffed and light brown. Set aside.
3. Drain the cherries and reserve the juice.
4. Combine the cherries, liqueur and Splenda in a sauté pan and sauté for 2-3 minutes.
5. In a separate bowl, stir together the cornstarch, water, cinnamon and cloves until smooth.
6. Add the reserved cherry juice to the sauté pan. Stir the cornstarch mixture into the cherries and continue stirring until thickened.
7. Arrange the puff pastry on a serving plate and cover with the cherry sauce.

Exchanges per serving:

2 Carb Choices, 1 Fat

Nutrients per serving:

Calories: 220

Calories from fat: 56

Total Fat: 6g

Cholesterol: 0mg

Sodium: 143mg

Total Carbohydrate: 32g

Dietary Fiber: 1g

Protein: 5g