

Asparagus and Bleu Cheese Tart

Submitted by Kari Langkamp

This recipe is from Laurie Conrad of *the blue daisy, llc*. It was shared at a cooking class.

Serves 8-10 appetizer servings

1 sheet frozen puff pastry
1 bunch of asparagus
1 C of blue cheese crumbles or gorgonzola
1/4 C crème fraîche (use sour cream if you can't find crème fraîche)
2-3 T olive oil
sea salt and pepper to season

Preheat oven to 400. Line a baking sheet with either parchment paper or a silicone liner. Place puff pastry sheet on liner and with a paring knife, score the outer edges; about 1/4 inch from the edge. Bake for 10-15 minutes.

Remove from oven and evenly spread the crème fraîche over the inner scored area. Top with the asparagus, alternating tip to tip. Evenly brush olive oil over the asparagus and season with salt & pepper. Return to the oven and bake for an additional 20-22 minutes.

Remove from oven and sprinkle the blue cheese crumbles over the tart. Let rest for 10 minutes before serving.

Beef and Bleu Cheese Tart

Submitted by Kari Langkamp

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Prep - 20 min
Bake - 15 min
Yield - 6

Nutrition: (1 slice)

328 cal
12 g fat
35 g carbs
1 g fiber
19 g protein

1/2 lb lean ground beef
1 3/4 C sliced fresh mushrooms
1/2 red onion, thinly sliced
1/4 tsp salt
13.8 oz refrigerated pizza crust
1/2 C reduced fat sour cream
2 tsp Italian seasoning
1/2 tsp garlic powder
3/4 C crumbled bleu cheese

Cook beef, mushrooms, onions; drain. Stir in salt and pepper. Set aside. Roll crust into a 15x12 rectangle. Transfer to a parchment lined baking sheet. Combine sour cream, Ital. seasoning, garlic powder; spread over crust to within 2 inches of edge. Spoon beef over top. Fold edges over, leaving middle open. Bake at 425 for 15-18 minutes until crust is golden. Slide tart onto a wire rack. Sprinkle with bleu cheese. Let stand 5 minutes.