

Kale and Butternut Squash Filo Tartlets

Prep Time – 20 Min Cook Time – 15 Min Baking Time – 12 to 15 Min

Serves 12 as an appetizer/8-10 as a side dish

Ingredients

24 mini Filo pastry cups

2 Cups butternut squash – diced ¼” cubes

2 Cups chopped kale

1/3 cup minced shallots

½ tsp salt

¼ tsp pepper

½ tsp oregano

1 tbs red wine vinegar

2-3 tbs crumbled feta, plus more for garnish

Micro kale for garnish (optional)

Step 1: Make the filling – Add oil to a medium skillet on medium high. Add squash and cook 3-5 minutes. Season with salt, pepper and oregano. Cook 6-8 min. Add shallots and cook 1-2 min. Add Kale and cook until the kale is wilted. Add red wine vinegar and cook it off about 30 seconds until evaporated. Remove from heat and let the mixture cool.

Preheat oven to 350F

Step 2: Fill the pastry shells – Line a large baking sheet with parchment or silicone baking mats. Once the filling mixture has cooled, add crumbled feta and gently mix through the filling. Using a little spoon, add about one tablespoon to each pastry shell and place on the baking sheet. Once all the shells are filled and placed on the baking sheet, top each tartlet with a sprinkle of feta. Bake 12-15 minutes until mixture is heated through, shells are golden and cheese is melted and bubbly.

Remove from oven, arrange on a serving platter and garnish with micro kale if using. Serve immediately.

Enjoy!