Nut and Date Tassie

Recipe

Makes 24 tassies

Crust
- 1/4 cup whole-wheat pastry flour
- 3 tablespoons packed light brown sugar
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup pecans
- 1 tablespoon cornstarch
- 2 tablespoons unsalted butter
- Pinch of salt

Filling
- 4 ounces pitted dried dates (about 3/4 cup)
- 3/4 cup water
- 3 tablespoons packed light brown sugar
- 2 tablespoons unsalted butter
- 4 tablespoons reduced-fat cream cheese
- 1 1/2 teaspoons real vanilla extract
- 1/4 cup pecans, chopped
- 1/4 cup walnuts, chopped

Directions
1. Preheat oven to 375°F. Coat 24 mini muffin cups with cooking spray.
2. To prepare crust: In a food processor combine all the ingredients and mix until just combined. Press into muffin cups to form a crust.
3. To prepare filling: In a small saucepan combine dates, water, brown sugar and 2 1/2 tablespoons butter in a small saucepan. Bring to a boil over medium-high heat and cook, stirring frequently, until most of the liquid has cooked away, 8 to 12 minutes. Let cool slightly.
4. Put date mixture in a food processor and process into a paste.
5. Add cream cheese and vanilla in to processor and mix well.
6. Pour date mixture into a bowl and stir in nuts.
7. Fill the nut crusts with date mixture about 1 teaspoon each, pressing down to smooth down the tops.
8. Bake for 15-17 minutes or until crust is golden. Allow the tassies to cool in the pan for 12 minutes and then transfer to cool on a wire rack.

Nutritional Information

Nutrition
Serving Size: 26 grams
Calories 88
Calories from fat 54
Total Fat 6.0 grams (9%)
Cholesterol 7 mg (2%)
Sodium 33 mg (1%)
Total Carbohydrate 8.2 grams (3%)
Dietary Fiber 0.8 grams (3%)
Sugars 5.3 grams
Protein 1.3 grams

Vitamins
Vitamin A: 2%
Vitamin C: 0%
Calcium: 1%
Iron: 2%

Nutrition Grade D

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on May 11, 2012