**MUSHROOM CHEDDAR TARTS APPETIZER**

Whether you’re serving these as an appetizer for a formal Valentine’s Day dinner or pairing it with a tangy green salad as a light meal before an intense chocolate indulgence, these heart-shaped, savory tarts are sure to win over your Valentine’s Day guests.

Makes 6 tarts.

**INGREDIENTS:**

**FOR CRUST:**

1. 2 cups (8-1/2 ounces) all-purpose flour
2. ½ cup (2-3/8 ounces) Hi-Maize Fiber
3. ½ cup (2 ounces) Vermont Cheese Powder
4. ½ Tsp salt
5. ½ Tsp. paprika
6. 1/8 Tsp. cayenne pepper
7. 1 cup (16 tablespoons, 8 ounces) unsalted butter, cold
8. ¾ cup (3 ounces) shredded sharp cheddar cheese
9. ½ cup (4 ounces) ice water

**FOR FILLING:**

1. 1 cup (3 to 4 ounces) sliced mushrooms
2. 1 medium red bell Pepper, diced
3. 1 Tbs. butter
4. 4 large eggs
5. 1 cup (8 ounces) milk
6. ½ Tsp. salt
7. ¼ Tsp. black pepper
8. ¼ Tsp. dried thyme
9. ½ cup (2 ounces) shredded cheddar cheese

**DIRECTIONS:**

**FOR CRUST:** Combine the dry ingredients. Work in the butter until the mixture is unevenly crumbly. Toss in the cheese, then the water, mixing until the dough is cohesive; add more water, if necessary. Divide the dough in half pat each half into a disk, wrap, and chill for 30 minutes.

**TO MAKE FILLING:** Sauté the mushrooms and pepper in the butter until soft. Set aside. Whisk together the eggs, milk, salt, pepper, and thyme. Preheat the oven to 400 degrees F. with a rack set in the bottom half. Lightly grease a 6-cup heart pan. Roll each disk of dough ¼” thick, and cut out six 4-1/2” circles. Press the circles into the cups of the pan. Divide the vegetables and cheese evenly among the cups. Fill with the egg mixture.

Bake the tarts for 25 to 35 minutes, until golden. Remove them from the oven, and wait 10 minutes before removing them from the pan.