

easy entertaining
RECIPES



Appetizers & Desserts
featuring Athens® Mini Fillo Shells

ATHENS®

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Athens Mini Fillo Shells



EASY ENTERTAINING RECIPES

This *Easy Entertaining Recipes* book is filled with 24 scrumptious Mini Fillo Shells recipes, ideal for entertaining occasions throughout the year.

ATHENS MINI FILLO SHELLS

- Fully baked and ready-to-use for easy appetizers and desserts
- Bite-sized for perfect portions
- Versatile for a wide variety of fillings, savory and sweet
- TIP FOR ADDED CRISPNESS: Preheat oven to 350°F. Remove shells from packaging and place empty shells on a baking sheet and bake for 3-5 minutes. Cool and fill.
- TIP TO MAKE AHEAD: Many of the recipes in this book include filled shells that can be wrapped in plastic and frozen. Look for the MAKE AHEAD section on recipes that apply. To serve, unwrap and bake or thaw per directions.

WHERE TO BUY

- Available in your grocer's freezer near the pie crusts and desserts
- [Where to buy](#)

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Avocado Crab Phyllo Bites



INGREDIENTS:

- 2 ripe medium avocados, peeled, mashed
- 1 can (8 ounces) white crab meat, drained
- 2 tablespoons cilantro, chopped
- 2 tablespoons lime juice
- 3 tablespoons shallots, minced
- 2 tablespoons mayonnaise
- ¼ teaspoon salt
- 2 packages (15 count, each) Athens® Mini Fillo Shells
- 1 can (4.5 ounces) small shrimp, drained for garnish

PREPARATION:

In a medium mixing bowl, combine avocado, crab, cilantro, lime juice, shallots, mayonnaise and salt mixing lightly. Chill for 1 hour. Spoon 1 heaping teaspoon of filling into each shell. Garnish with shrimp. Serve immediately.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 20, Calories from Fat – 10, Total Fat – 1g, Saturated fat – 0g, Trans Fat – 0g, Cholesterol – 10mg, Sodium – 45 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Beets 'n Goat Cheese Phyllo Cups



INGREDIENTS:

½ cup pistachios, shelled
8 ounces goat cheese
¼ cup water
1 cup beets, diced, drained, patted dry
2 teaspoons honey
2 packages (15 count, each) Athens® Mini Fillo Shells
Pistachios, chopped for garnish

PREPARATION:

In a food processor, add ½ cup pistachios, cheese and water. Pulse the mixture until well combined. In a small mixing bowl, toss the beets with the honey. Spoon 1 heaping teaspoon of the cheese filling into each shell. Spoon beet mixture over the cheese mixture. Garnish with remaining pistachios. Chill and serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 25, Calories from Fat – 15, Total Fat – 1.5g, Saturated fat – .5g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 40 mg, Dietary Fiber – 0g, Sugars – 1g, Protein – 1g



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Brie with Fresh Raspberry Phyllo Cups



INGREDIENTS:

8 ounces Brie cheese, rind removed, ¼" diced
2 packages (15 count, each) Athens® Mini Fillo Shells
30 fresh raspberries

PREPARATION:

Preheat oven to 350°F. Place a piece of Brie into each shell. Place filled shells on a baking tray and bake for 5 minutes or until cheese is melted. Press 1 raspberry slightly into cheese. Serve warm.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 40, Calories from Fat – 25, Total Fat – 2.5g, Saturated fat – 1.5g, Trans Fat – 0g, Cholesterol – 10mg, Sodium – 60 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Buffalo Wing Phyllo Bites



INGREDIENTS:

2 cups cooked chicken, shredded
½ cup hot sauce, such as Frank's® RedHot®
2 packages (15 count, each) Athens® Mini Fillo Shells
¼ cup blue cheese dressing
¼ cup green onions, sliced

PREPARATION:

In a medium mixing bowl, combine chicken and hot sauce. Spoon 1 heaping teaspoon of filling into each shell. Drizzle each shell with blue cheese dressing. Garnish with green onions. Serve.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 20, Calories from Fat – 5, Total Fat – 1g, Saturated fat – 0g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 160 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Chicken Florentine Phyllo Petites



INGREDIENTS:

½ cup frozen, chopped spinach, thawed
¼ cup light garlic and herb cheese, such as Boursin
1 cup precooked chicken, ¼" diced
2 packages (15 count, each) Athens® Mini Fillo Shells
Pine nuts, toasted for garnish

PREPARATION:

Preheat oven to 350°F. Squeeze water from thawed spinach and drain onto paper towels. In a medium mixing bowl, combine spinach, cheese and chicken. Mix thoroughly. Spoon 1 heaping teaspoon of filling into each shell. Place filled shells on a baking tray and bake for 8-10 minutes or until hot. Garnish with pine nuts. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, bake and garnish per directions.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 25, Calories from Fat – 10, Total Fat – 1g, Saturated fat – 0g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 50 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Mexican Phyllo Pizza Bites



INGREDIENTS:

3 tablespoons red enchilada sauce
1 jalapeno chicken sausage, casing removed, cooked, crumbled
2 tablespoons black beans, drained, rinsed
2 tablespoons Mexican style canned corn, drained
2 packages (15 count, each) Athens® Mini Fillo Shells
¼ cup shredded cheese, taco blend

PREPARATION:

Preheat oven to 375°F. In a medium mixing bowl, combine sauce, sausage, beans and corn. Mix thoroughly. Spoon 1 heaping teaspoon of filling into each shell. Top each shell with cheese. Place filled shells on a baking tray and bake for 10-12 minutes or until hot. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap and bake per directions.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 30, Calories from Fat – 10, Total Fat – 1g, Saturated fat – .5g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 35 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 1g



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Mini Reuben Phyllo Shells



INGREDIENTS:

1 cup lean corned beef, finely chopped
½ cup sauerkraut, drained, finely chopped
½ cup Swiss cheese, shredded
2 tablespoons Thousand Island dressing
2 packages (15 count, each) Athens® Mini Fillo Shells
2 teaspoons caraway seeds, for garnish

PREPARATION:

Preheat oven to 350°F. In a medium mixing bowl, combine the corned beef, sauerkraut, cheese and dressing. Mix lightly. Spoon 1 heaping teaspoon of filling into each shell. Place filled shells on a baking tray and bake for 12 minutes or until hot. Sprinkle with caraway seeds. Serve.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 35, Calories from Fat – 20, Total Fat – 2g, Saturated fat – .5g, Trans Fat – 0g, Cholesterol – 10mg, Sodium – 105 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Pulled Pork Phyllo Bites



INGREDIENTS:

4 slices cheddar cheese, cut into 32 pieces
1 cup sauced pulled pork
2 packages (15 count, each) Athens® Mini Fillo Shells
½ cup french fried onions, for garnish

PREPARATION:

Preheat oven to 350°F. Place a cheese square into the bottom of each shell. Spoon 1 heaping teaspoon of the pulled pork into each shell. Place filled shells on a baking tray and bake for 8-10 minutes or until hot. Garnish with french fried onion pieces. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, bake and garnish per directions.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 45, Calories from Fat – 20 , Total Fat – 2.5g, Saturated fat – 1g , Trans Fat – 0g, Cholesterol – 5mg, Sodium – 75 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Quick Mini Phyllo Quiche



INGREDIENTS:

2 eggs
¾ cup evaporated milk
½ teaspoon each: basil, salt, garlic, parsley
¼ teaspoon pepper
1 cup Swiss cheese, shredded
½ cup cooked bacon, crumbled
3 tablespoons each: onion and red bell pepper, minced
2 packages (15 count, each) Athens® Mini Fillo Shells

PREPARATION:

Preheat oven to 350°F. In a medium mixing bowl, beat eggs, milk and seasonings. Add cheese, bacon, onion and bell pepper to the mixing bowl. Stirring mixture often, fill shells until full. Place filled shells on a baking tray and bake for 12-15 minutes or until set. Serve.

MAKE AHEAD: After baking, filled shells can be cooled, wrapped in plastic and frozen. To serve, unwrap and bake for 7 minutes.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 35, Calories from Fat – 25, Total Fat – 2.5g, Saturated fat – 1.5g, Trans Fat – 0g, Cholesterol – 15mg, Sodium – 50 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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RO★TEL® Cheesy Bacon Phyllo Bites



Inspired by
Kendallboggs.com

INGREDIENTS:

- 1 (10 ounce) can RO★TEL® Original or Mild Diced Tomato and Green Chilies, mostly drained
- 1 (3 ounce) bag real bacon bits
- 1 cup mayonnaise
- 1 cup Swiss cheese, shredded
- 3 packages (15 count, each) Athens® Mini Fillo Shells

PREPARATION:

Preheat oven to 350°F. In a medium mixing bowl, combine RO★TEL®, bacon bits, mayonnaise and shredded cheese until evenly mixed. Spoon 1 heaping teaspoon of filling into each shell. Place filled shells on a baking tray and bake for 10 minutes or until hot. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap and bake per directions.

YIELD: 45 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 45, Calories from Fat – 35, Total Fat – 4g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 90 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 1g



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Steak and Blue in Mini Phyllo Shells



INGREDIENTS:

6 ounces flank steak, cooked medium rare
2 cups arugula, fresh
¼ cup blue cheese dressing
2 packages (15 count, each) Athens® Mini Fillo Shells
¼ cup Gorgonzola cheese, crumbled for garnish

PREPARATION:

Cut the steak against the grain into 30 thinly sliced strips. Place 2 teaspoons of arugula into each shell. Top arugula with ½ teaspoon of blue cheese dressing. Roll steak strips and place on top of the dressing. Garnish with Gorgonzola cheese. Serve.

YIELD: 30 APPETIZERS

Serving size: 1 shell (20 g), Amount per serving: Calories 50, Calories from Fat – 30, Total Fat – 3.5g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 95 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 3g



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Sun-dried Tomato Caprese Phyllo Shells



INGREDIENTS:

8 ounces fresh mozzarella ball, ¼" diced
3 tablespoons oil-packed sun-dried tomatoes, patted dry,
⅛" diced
2 tablespoons fresh basil, thinly sliced strips
1½ tablespoons white balsamic vinegar
1½ tablespoons extra virgin olive oil
2 packages (15 count, each) Athens® Mini Fillo Shells
Flake sea salt, to garnish

PREPARATION:

In a medium, non-metal mixing bowl, combine mozzarella, sun-dried tomatoes, 1 tablespoon basil, vinegar and oil. Mix thoroughly. Spoon 1 heaping teaspoon of filling into each shell. Garnish with flake sea salt and the remaining basil. Serve.

YIELD: 30 APPETIZERS

Serving size: 1 shell (14 g), Amount per serving: Calories 45, Calories from Fat – 25, Total Fat – 3g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 40 mg, Dietary Fiber – 0g, Sugars – 0g, Protein – 2g



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Caramel Chocolate Macchiato Mini Phyllo Tarts



INGREDIENTS:

4 ounces Greek cream cheese, softened
3 tablespoons sugar
¼ cup Coffee-mate® Creamer Caramel Macchiato Creamer,
sugar free
1 package (15 count) Athens® Mini Fillo Shells
Melted chocolate, for garnish

PREPARATION:

In a medium mixing bowl, combine cream cheese, sugar and creamer until light and smooth. Refrigerate for 30 minutes to set. Spoon or pipe 1 tablespoon of filling into each shell. Garnish with chocolate. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 35, Calories from Fat – 15, Total Fat – 1.5g, Saturated fat – .5g, Trans Fat – 0g, Cholesterol – 20mg, Sodium – 30 mg, Dietary Fiber – 0g, Sugars – 1g, Protein – 1g



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Cherry Crunch Phyllo Cups



INGREDIENTS:

2 tablespoons brown sugar, packed
2 teaspoons all-purpose flour
Dash of ground cinnamon
2 teaspoons butter, softened
2 tablespoons walnuts, chopped
1 can (6 ounce) cherry pie filling
1 package (15 count) Athens® Mini Fillo Shells

PREPARATION:

Preheat oven to 350°F. In a small mixing bowl use a fork to combine brown sugar, flour, cinnamon and butter until thoroughly blended. Stir in walnuts. Spoon 1 heaping teaspoon of cherry filling into each shell. Top with ½ teaspoon of walnut mixture. Place filled shells on a baking tray and bake for 10-12 minutes or until hot. Serve.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 30, Calories from Fat – 10, Total Fat – 1g, Saturated fat – 0g, Trans Fat – 0g, Cholesterol – 0mg, Sodium – 10 mg, Dietary Fiber – 0g, Sugars – 4g, Protein – 0g



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Festive Fruit Phyllo Tartlets



Recipe and Photo Courtesy of Del Monte Foods

INGREDIENTS:

4 ounces cream cheese, reduced fat
2 tablespoons sugar
1 teaspoon vanilla extract
1 package (15 count) Athens® Mini Fillo Shells
1 can (8.25 ounce) Del Monte® Mandarin Oranges in Light Syrup, well drained
1 can (8 ounce) Del Monte® Pineapple Tidbits in 100% Juice, well drained
Mint leaves, for garnish

PREPARATION:

In a small microwave safe bowl, microwave cream cheese on high for 20 to 30 seconds or until softened. Stir in sugar and vanilla until well blended. Spoon 1 heaping teaspoon of filling into each shell. Top with oranges and pineapple. Garnish with mint. Serve.

YIELD: 15 DESSERTS

Serving size: 1 shell (29 g), Amount per serving: Calories 45, Calories from Fat – 15, Total Fat – 2g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 40 mg, Dietary Fiber – 0g, Sugars – 4g, Protein – 1g



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French Silk Phyllo Petites



INGREDIENTS:

4 ounces Philadelphia® Snack Delights Milk Chocolate
4 ounces marshmallow creme
1 package (15 count) Athens® Mini Fillo Shells
Cool Whip®, for garnish
Dark chocolate, shaved for garnish

PREPARATION:

In a small mixing bowl, combine the milk chocolate Indulgence and the marshmallow creme. Mix thoroughly. Spoon or pipe 1 tablespoon of filling into each shell. Garnish with whipped topping and chocolate. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 15 DESSERTS

Serving size: 1 shell (20 g), Amount per serving: Calories 60, Calories from Fat – 15, Total Fat – 2g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 30 mg, Dietary Fiber – 0g, Sugars – 7g, Protein – 1g



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Frozen Lemon Phyllo Clouds



INGREDIENTS:

- 1 teaspoon Crystal Light® lemonade powder
- 1 container (6 ounce) lemon yogurt
- 1 tub (8 ounce) Cool Whip®, thawed
- 2 packages (15 count, each) Athens® Mini Fillo Shells
- 1 lemon, zested for garnish

PREPARATION:

In a medium mixing bowl, combine lemonade powder and yogurt. Fold Cool Whip into mixture. Spoon or pipe 1 tablespoon of filling into each shell. Place shells into freezer for at least 1 hour. Garnish with lemon zest. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 30 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 30, Calories from Fat – 10, Total Fat – 1g, Saturated fat – 0.5g, Trans Fat – 0g, Cholesterol – 0mg, Sodium – 10 mg, Dietary Fiber – 0g, Sugars – 2g, Protein – 0g



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Key Lime Phyllo Tarts



INGREDIENTS:

- ½ cup cream cheese, softened
- ¼ cup sweetened condensed milk
- 2 tablespoons lime juice
- ¼ teaspoon lime zest
- 1 package (15 count) Athens® Mini Fillo Shells
- 2 thin slices of lime cut into 8, for garnish

PREPARATION:

In a small mixing bowl, combine cream cheese and milk. Mix until light and fluffy. Add lime juice and zest. Mix thoroughly. Chill for 1 hour. Spoon or pipe 1 tablespoon of filling into each shell. Garnish with a lime wedge. Serve.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 40, Calories from Fat – 25, Total Fat – 2.5g, Saturated fat – 1.5g, Trans Fat – 0g, Cholesterol – 10mg, Sodium – 30 mg, Dietary Fiber – 0g, Sugars – 2g, Protein – 1g



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Mango Berry Relish Phyllo Tartlets



INGREDIENTS:

½ mango, fresh, ¼" diced
2 strawberries, medium size, ¼" diced
5 raspberries, quartered
6 blueberries, quartered
2 teaspoons orange juice
1 ½ teaspoons agave syrup
4 mint leaves, chopped, ½ teaspoon
1 package (15 count) Athens® Mini Fillo Shells
Cool Whip®, fat free, for garnish

PREPARATION:

In a medium mixing bowl, combine fruit, orange juice, agave syrup and mint. Mix thoroughly and chill for 1 hour. Spoon 1 heaping teaspoon of filling into each shell. Garnish with whipped topping. Serve.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 20, Calories from Fat – 5, Total Fat – 0g, Saturated fat – 0g, Trans Fat – 0g, Cholesterol – 0mg, Sodium – 10 mg, Dietary Fiber – 0g, Sugars – 1g, Protein – 0g



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Mini Peanut Butter Phyllo Pies



INGREDIENTS:

½ cup peanut butter, chunky
3 ounces Greek cream cheese, softened
1 tub (8 ounce) Cool Whip®, lite
¼ cup powdered sugar
2 packages (15 count, each) Athens® Mini Fillo Shells
30 peanut halves
Chocolate, shaved for garnish

PREPARATION:

In a medium bowl, combine peanut butter and cream cheese until light and fluffy with an electric mixer on low speed. Mix in ½ cool whip, then powdered sugar, then remaining cool whip. Spoon or pipe a tablespoon into each shell. Garnish with peanut half and shaved chocolate. Serve.

MAKE AHEAD: Filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 30 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 70, Calories from Fat – 40, Total Fat – 4.5g, Saturated fat – 0g, Trans Fat – 0g, Cholesterol – 0mg, Sodium – 25 mg, Dietary Fiber – 1g, Sugars – 3g, Protein – 2g



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Mini Phyllo Pecan Tarts



INGREDIENTS:

1 tablespoon butter, melted
1 egg
1 tablespoon + 2 teaspoons sugar
2 tablespoons light corn syrup
¼ teaspoon vanilla
½ cup pecans, chopped
1 package (15 count) Athens® Mini Fillo Shells
Cool Whip® for garnish

PREPARATION:

Preheat oven to 350°F. In a medium mixing bowl, combine all ingredients except pecans. Mix thoroughly. Stir in pecans. Spoon 1 heaping teaspoon of filling into each shell. Place filled shells on a baking tray and bake for 10-15 minutes or until set. Cool, garnish with whipped topping and serve.

MAKE AHEAD: After baking, filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 60, Calories from Fat – 40, Total Fat – 4.5g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 20mg, Sodium – 15 mg, Dietary Fiber – 0g, Sugars – 2g, Protein – 1g



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Molten Chocolate Raspberry Phyllo Tarts



INGREDIENTS:

1 tablespoon Half and Half, fat free
3 tablespoons chocolate chunks or chips
 $\frac{1}{8}$ teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon agave syrup
Pinch of instant coffee
1 package (15 count) Athens® Mini Fillo Shells
15 fresh raspberries
Mint leaves, for garnish

PREPARATION:

In a small microwaveable bowl, combine Half and Half, chocolate, vanilla, agave and instant coffee. Microwave for 2 minutes on 50% power stirring every 20 seconds until chocolate is melted. Spoon 1 heaping teaspoon of filling into each shell. Top with a raspberry and mint leaf. Serve.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 30, Calories from Fat – 10, Total Fat – 1g, Saturated fat – .5g, Trans Fat – 0g, Cholesterol – 0mg, Sodium – 10 mg, Dietary Fiber – 0g, Sugars – 2g, Protein – 0g



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Petite Cheesecake Phyllo Cups



INGREDIENTS:

- 4 ounces cream cheese, softened
- 3 tablespoons sugar
- 1 teaspoon flour
- 1 egg
- ½ teaspoon vanilla extract
- 2 teaspoons lemon juice
- 1 package (15 count) Athens® Mini Fillo Shells
- ¼ cup seasonal fruit, preserves or pie filling, for garnish

PREPARATION:

Preheat oven to 325°F. In a small mixing bowl, beat cream cheese, sugar and flour. Blend in egg, vanilla and lemon. Spoon or pipe 1 tablespoon of filling into each shell. Place filled shells on a baking tray and bake for 12-15 minutes or until set. Cool. Garnish as desired. Serve.

MAKE AHEAD: After baking, filled shells can be wrapped in plastic and frozen. To serve, unwrap, thaw and garnish per directions.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 40, Calories from Fat – 15, Total Fat – 2g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 15mg, Sodium – 25 mg, Dietary Fiber – 0g, Sugars – 3g, Protein – 1g



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Warm Mini Phyllo Apple Pies



INGREDIENTS:

1 Granny Smith apple, peeled, cored, finely chopped
¼ cup walnuts, finely chopped
¼ cup brown sugar
3 tablespoons butter
¼ teaspoon cinnamon
1 package (15 count) Athens® Mini Fillo Shells
Cool Whip®, for garnish

PREPARATION:

In a medium sauté pan over medium heat, sauté apples, walnuts, brown sugar and butter until apples are tender. Remove from heat and stir in cinnamon. Cool slightly. Spoon 1 heaping teaspoon of the filling into each shell. Garnish with whipped topping. Serve immediately.

YIELD: 15 DESSERTS

Serving size: 1 shell (14 g), Amount per serving: Calories 40, Calories from Fat – 20, Total Fat – 2.5g, Saturated fat – 1g, Trans Fat – 0g, Cholesterol – 5mg, Sodium – 5 mg, Dietary Fiber – 0g, Sugars – 3g, Protein – 0g



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