



Zucchini, Asparagus and Feta Tarts

These light tarts are perfect served warm or cool at a spring luncheon or picnic. Add a personal touch with your favourite fresh herbs and seasonal vegetables.

Makes 4

- 4 sheets filo pastry
- olive oil spray
- 1 zucchini, trimmed and sliced into thin ribbons with a peeler
- 1 bunch asparagus, trimmed, blanched and cut into thirds
- 100g Australian reduced fat feta cheese, crumbled
- 1 spring onion, sliced
- ½ cup mint leaves, torn
- 4 eggs
- 1½ cups **Anlene Low Fat** salt and freshly ground black pepper, to taste
- crisp green salad, for serving

Method:

1. Lightly spray each sheet of pastry with oil and fold into quarters. Press into 4 lightly greased non-stick Texas (1 cup capacity) muffin pans, ensuring there are no gaps.
2. Divide zucchini, asparagus, feta, spring onion and mint between pastry cases.
3. Whisk eggs, **Anlene Low Fat** and seasonings together and carefully pour over vegetables. Bake at 160°C for 30-35 minutes until set and pastry is golden. Allow to cool in pan for 5-10 minutes before removing.
4. Serve tarts warm or cool with a crisp green salad.

Tip: *If you don't have Texas muffin pans, try using individual tart pans.*

MAGNET AREA



Anlene™

EXPERT IN BONE NUTRITION

Zucchini, Asparagus and Feta Tarts

Did you know that you need more than just calcium to maintain healthy bones?

The good news is that you can feed your bones with Anlene.

Enjoy Anlene everyday – it has Calcium PLUS Vitamin D, Magnesium, Zinc and Protein.

Anlene milk with added Vitamin D and minerals is available in Fresh Low Fat, Fresh No Fat and Long Life Low Fat.*

NUTRITION INFORMATION

AVERAGE QTY	PER SERVE (258g)	PER 100g
ENERGY	1040kJ	403kJ
PROTEIN	19.2g	7.4g
FAT		
– TOTAL	11.5g	4.5g
– SATURATED	4.9g	1.9g
CARBOHYDRATE		
– TOTAL	15.9g	6.2g
– SUGARS	7.9g	3.1g
DIETARY FIBRE	2.2mg	0.9mg
SODIUM	500mg	194mg
CALCIUM	335mg	130mg
IRON	2mg	0.8mg

Nutritional Information may vary according to ingredients used.

Anlene™ is specially formulated to supplement the nutritional needs of adults who may be lacking in essential bone nutrients and energy in their everyday diet.

Anlene Tips

- *Anlene Low Fat or No Fat* makes a fabulously thick, creamy and calcium rich Café Latte or Chai Latte.*
- *Anlene Low Fat or No Fat* adds an extra creaminess to rice pudding, custard or porridge.*
- *For a quick Bircher Muesli, stir Anlene Low Fat or No Fat* into natural muesli with some grated apple and a touch of cinnamon. Refrigerate overnight and serve topped with fresh fruit and yoghurt.*

*less than 0.15g fat/100ml

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