

A Fresh Take On Holiday Favorites

(NAPSA)—This year, make holiday get-togethers as healthy as they are happy. By making some simple recipe substitutions—such as replacing butter with Smart Balance buttery spreads—you can cut the fat without sacrificing taste. These Mini Phyllo Appetizer Bites are easier to make than they look—and healthier too.

Mini Phyllo Cups

- 2 tablespoons Smart Balance Buttery Spread Original
- 6 sheets frozen phyllo dough, thawed

Preheat oven to 350°F. Place Smart Balance Buttery Spread in a small microwave-safe bowl and cook on high setting 20 seconds or until just melted. Work with one sheet at a time; keep the remaining sheets wrapped in plastic or on a damp paper towel. Lightly brush one side of the phyllo with the buttery spread. Place another phyllo sheet on top of the brushed sheet. Repeat until there are four sheets total. Cut into three-inch squares. Place squares in mini-muffin pan, pressing phyllo edges slightly to fit the pan. Bake five minutes or until golden. Remove from tin and cool completely. Repeat with remaining phyllo squares.

Bruschetta Bites Filling

- 4 Roma tomatoes, seeded and diced (about 2 cups)
- ¼ cup chopped, fresh basil
- 1–2 cloves garlic, pressed
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon Smart Balance Cooking Oil
- 1 teaspoon balsamic vinegar

Combine all ingredients in a glass bowl. Let mixture stand at room temperature for 30–60 minutes to allow flavors to blend. When ready to serve, drain well. Spoon about one tablespoon of filling into each shell.



Mini Phyllo Appetizer Bites are elegant yet simple to make for any holiday party.

Artichoke-Parmesan Bites Filling

- 2 tablespoons Smart Balance Buttery Spread Original, divided
- ½ cup finely chopped onion
- 4 medium garlic cloves, minced
- 13.75-oz. can artichoke hearts, drained and finely chopped
- ½ cup Smart Balance Sour Cream and Omega-3s and Vitamins D & E
- 2 tablespoons Smart Balance Fat Free Milk and Omega-3s
- ⅛ teaspoon cayenne pepper, optional
- ½ cup grated Parmesan cheese

Heat one tablespoon of the Smart Balance Buttery Spread in a saucepan over medium heat. Sauté the onion and garlic five minutes or until onions are translucent, stirring frequently. Stir in artichokes. Reduce heat to medium-low and stir in Smart Balance Sour Cream, Smart Balance Milk and cayenne pepper. Cook three minutes or until heated thoroughly. Remove from heat, stir in the Parmesan cheese and remaining buttery spread. Serve warm or at room temperature.

Each filling recipe makes approx. 1¾ cups to fill 24 phyllo cups total.

Tip: Make filling up to three days in advance and refrigerate in airtight container. Add to phyllo cups just before serving.

Find more recipes for sweet and savory phyllo bites at www.smartbalance.com.