

Rustic Blueberry Tart

Frozen puff pastry comes to the rescue for a quickly assembled dessert that can be adapted as various seasonal fruits arrive at the store.

Ingredients

Refrigerated butter-flavored cooking spray
1 quart fresh blueberries
2 tablespoons cornstarch
1 tablespoon grated lemon zest
1/3 cup sugar substitute
Unbleached all-purpose flour, for dusting
1 sheet frozen puff pastry (1/2 of a 17.3 oz. package), thawed
1 tablespoon fresh lemon juice
Frozen light whipped topping, thawed (optional)

Directions

1. Preheat the oven to 400F. Coat a nonstick baking sheet with cooking spray.
2. Place the berries in a bowl. Stir in the cornstarch, lemon zest, and sugar substitute, making sure that all berries are well coated.
3. On a lightly floured board, roll the puff pastry to a 12 x 14-inch rectangle. Place on the prepared baking sheet.
4. Mound the berries on the pastry, leaving a 1 ½ inch border. Fold in the four corners. Using wet fingers, bring up the border of the dough over the edge of the berries, pleating as you go to form a rustic free-form oval or rectangle. Sprinkle the berries with lemon juice.
5. Generously coat the top of the tart with cooking spray and bake 40 to 45 minutes, until the berries are cooked and the pastry is golden.
6. Serve warm or at room temperature with a dollop of light whipped topping, if desired.

Makes 12 servings.

Per serving: 140 calories, 6 g total fat (1.5 g saturated fat), 20 g carbohydrate, 2 g protein, 3 g dietary fiber, 70 mg sodium.

Source for recipe: Cleveland Clinic