

## CARAMELIZED ONION AND APPLE TARTS

### **Ingredients:**

2 medium onions, sliced into rings (widthwise)  
2 medium red apples, cut into small pieces  
2 sheets frozen puff pastry, thawed  
½ cup low-fat sour cream  
2 Tbsp olive oil  
Salt



**Tip: you can use white pita pockets instead of puff pastry dough for this recipe.**

### **Instructions:**

- Preheat oven to 400 F.
- Heat oil in a large skillet over medium heat. Caramelize the onions (for instructions on how to do this, see our *Mushroom Cheese Melt* recipe).
- Add apples and salt to the skillet. Cook for another 2 minutes.
- Place each sheet of pastry on parchment paper. Prick a few holes with a fork.
- Spread a thin layer of sour cream on each pastry sheet.
- Top with caramelized onions and apples.
- Bake in the oven until crispy and browned (30 to 35 minutes).
- Cut into medium square pieces.

Serves 2-4 people

### **For more information**

So what's the deal with onions? If you really want to know, visit [www.onions-usa.org](http://www.onions-usa.org) where you can access interesting recipes, history information, nutrition facts and answers to some frequently asked questions pertaining to onions.