



## CAPTAIN COOK'S ASPARAGUS CHEESE TARTS

These look like mini pizzas but are much more sophisticated!! The buttery flaky crust combined with the lemony asparagus is delicious. Kids might turn up their noses at first but once they taste it, they will love it.

2 sheet frozen puff pastry, thawed  
10 oz fresh organic mushrooms, sliced  
1 teaspoon sea salt  
1/2 teaspoon black pepper  
1 lb fresh organic asparagus  
1 teaspoon organic lemon zest (kids love doing this)  
1/2 C organic sour cream  
1 C organic mozzarella cheese, shredded

1. Preheat oven to 400
2. Follow directions on box for thawing puff pastry.
3. Roll out pastry sheet with rolling pin, slightly and cut into 6 squares.
4. Using small knife, score  $\frac{1}{2}$ " border around inside edges of each square and place on greased baking sheet.
5. Saute mushrooms in skillet and add half of the salt and pepper
6. Transfer to bowl and cool.
7. Cut asparagus on diagonal into 1 " pieces and add to mushroom mixture.
8. Mix in lemon zest, remaining salt and pepper, cheese and sour cream.
9. Spoon filling on pastry squares leaving  $\frac{1}{2}$ " border
10. Bake 20-22 minutes
11. Yields 12

Tip: If pastry is too sticky too pull apart when you open box, put it back in the fridge to chill the butter in the dough.

Show your kids how to "score". This is unfamiliar to most of them. Use a small knife and make a  $\frac{1}{2}$ " border around the edges of the pastry without cutting through the dough.

Show them how to trim asparagus. Pick up a piece and bend it towards the thick end. It will break naturally right where it needs to. Discard the thick piece. Also, show them how to cut on the diagonal. The green lettuce knives work great for cutting asparagus.

