

ARTSY-CRABBY TARTS

1/2 RED PEPPER	
2 TSP. FLOUR	10 mL
1/4 TSP. THYME	1 mL
1/4 TSP. PEPPER	1 mL
1 EGG, BEATEN	
14-OZ. CAN ARTICHOKEs, DRAINED, CHOPPED	398 mL
7-OZ. CAN CRAB MEAT, DRAINED	200 g
2 TSP. LEMON JUICE	10 mL
32 WONTON WRAPPERS (3 1/4" x 3")	
3 TBSP. GRATED PARMESAN CHEESE	45 mL
2 TBSP. CHOPPED CHIVES	30 mL
1 TBSP. MARGARINE, MELTED	15 mL

ROAST PEPPER UNDER BROILER UNTIL CHARRED. PUT IN A PLASTIC BAG AND LET STAND FOR 10 MINUTES TO STEAM. COOL, PEEL AND CHOP. COMBINE FLOUR, THYME, PEPPER AND EGG IN A BOWL AND STIR WELL. ADD CHOPPED PEPPER, ARTICHOKEs, CRAB AND LEMON JUICE. MIX THOROUGHLY. COAT 32 MINIATURE MUFFIN CUPS WITH COOKING SPRAY. GENTLY PRESS 1 WONTON WRAPPER INTO EACH CUP, ALLOWING ENDS TO EXTEND ABOVE EDGES OF CUPS. SPOON MIXTURE EVENLY INTO WRAPPERS. SPRINKLE WITH CHEESE AND CHIVES. BRUSH EDGES OF WRAPPERS WITH MELTED MARGARINE. BAKE AT 350°F FOR 15-20 MINUTES, OR UNTIL MIXTURE IS SET AND EDGES OF WRAPPERS ARE LIGHTLY BROWNED. CAN BE PREPARED EARLY IN THE DAY, REFRIGERATED AND BAKED JUST BEFORE SERVING. FREEZING IS NOT RECOMMENDED. MAKES 32 TASTY BITES.

 LESS THAN 1 GRAM FAT PER "TART"