

Phyllo Bites with Caramelized Onion, Goat Cheese, Honey and Fresh Rosemary

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 30** miniature phyllo cups (2 boxes)
- 1** ½ tablespoons olive oil
- 2** medium Organic onions, finely sliced
- 2** tablespoons fig preserve
- 6** ounces Organic goat cheese
- salt and pepper
- ½ cup fresh Organic rosemary leaves, coarsely chopped
- ¼ cup honey

Method

- 1.** Preheat oven to 350 degrees.
- 2.** * In a medium pan, heat olive oil over medium heat; add onions. Stir frequently and cook slowly until the onions are browned and caramelized. Watch carefully or they will burn quickly! This step can take 30-45 minutes if done correctly.
- 3.** Add fig preserve and cook a few minutes longer until the mixture is quite thick.
- 4.** Place phyllo cups on lightly greased baking sheet and fill each approximately 1/3 with caramelized onion mixture, then top each with goat cheese.
- 5.** Oh-so-lightly dust salt and pepper over goat cheese in each phyllo cup.
- 6.** Drizzle warmed honey over goat cheese in each phyllo cup, then sprinkle lightly with chopped rosemary.
- 7.** Bake for 10 to 15 minutes until phyllo edges are toasty brown and contents are heated through; serve warm.

Notes



Cook'nWithCaroline Tip:

"Lots of slow stirring lets the sugars in the onions liquefy and then caramelize. Trust me, it's worth the effort!"



Servings/Yield

30 bites

Time

- Active: 30 Minutes

Categories

Appetizers

NUTRITION FACTS

Servings: 30

Amount Per Serving

Calories: 126

Total Fat: 3.56g

Cholesterol: 4mg

Sodium: 225mg

Total Carbs: 19.50g

Dietary Fiber: 0.80g

Sugars: 3.47g

Protein: 3.40g