

Bacon, Leek and Goat Cheese Tartlets

Prep 15M | Cook 35M | Enjoy in 50M

These savoury tarts are great served warm or chilled. They can be prepared ahead and refrigerated, making them the perfect portable lunch. Make a double batch and freeze the leftovers for quick and easy meals.

INGREDIENTS

- 12 frozen tart shells
 - 3 slices thick-cut bacon, diced
 - 1 cup chopped leeks
(white and tender pale green parts only)
 - 2 cloves minced garlic
 - ¼ cup half and half cream
 - ¼ cup milk (1%)
 - 2 large eggs
 - ¼ tsp salt
 - ¼ tsp fresh ground pepper
 - 2 tbsp goat cheese, crumbled (see note)
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DIRECTIONS

1. Preheat oven to 375°F.
2. Place tart shells on a rimmed baking sheet. Set aside.
3. Heat a medium frypan over medium heat. Add bacon and cook until crispy, about 7–8 minutes. Remove from heat. Drain off excess fat with a spoon, leaving 1 tbsp fat in the pan.
4. Return pan to medium heat and add leeks and garlic. Cook, stirring, until leeks are tender, about 4–5 minutes.
5. Remove from heat and set aside to cool completely.
6. Meanwhile, in a medium bowl or measuring cup, whisk together cream, milk, eggs, salt and pepper. Add leek and bacon mixture, then whisk in goat cheese.
7. Pour egg mixture into tart shells, dividing equally.
8. Bake until filling is set, and pastry is golden, about 25 minutes.
9. May be served immediately or cooled and refrigerated for up to 48 hours. May be frozen for up to 3 months.

Note: If desired, goat cheese can be substituted with feta cheese (or another cheese of preference).

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NUTRITIONAL FACTS

Serves 6 (2 tarts per serving)

Nutritional analysis per serving: 310 calories, 18 g fat, 8 g protein, 24 g carbohydrate (24 g available carbohydrate), 0 g fibre, 352 mg sodium