

Hummus Phyllo Appetizers

- | | | | |
|---------|------------------------------------|-------|------------------|
| 30 | mini fillo shells | 8 | cherry tomatoes, |
| | defrosted | | quartered |
| 1/2 cup | sliced cucumber | 1 cup | hummus |
| 1 | roasted red pepper 2 halves, diced | | |



Procedure

- 1 Either use premade mini phyllo dough cups or with phyllo dough sheets, cut into squares for mini cupcake pans. Place one square in the pan and then a second square off centered so that once baked forms a floral shape. If using phyllo dough sheets, bake per instructions.
- 2 Quarter the cherry tomatoes. Slice the roasted red peppers and cucumbers into slivers.
- 3 Fill each mini fillo shell with 1 ½ teaspoon hummus.
- 4 Divide the cherry tomatoes, cucumber, roasted red pepper to one per fillo shell and top the hummus with them in a decorative manner. Serve.

Servings: 30

Nutrition Facts

Nutrition (per serving): 23 calories, 9 calories from fat, <1g total fat, 0mg cholesterol, 39.2mg sodium, 73.8mg potassium, 3g carbohydrates, <1g fiber, <1g sugar, <1g protein.