

SallyBee



Campaigning for people to "Season with Sense"



SALLY BEE'S ASPARAGUS & RED ONION TART

 **Prep: 10 minutes**

 **Cook: 30 minutes**

 **Serves: 4**

INGREDIENTS:

- 1 x sheet ready rolled puff pastry
- 1 egg, beaten
- 1 tablespoon low fat, cream cheese
- Teaspoon dried oregano
- 2 bunches asparagus, stalks trimmed as required
- 1 red onion, finely sliced
- Freshly ground black pepper
- Pinch **LoSalt**
- Pinch garlic powder/granules
- 1 tablespoon olive oil
- Zest of 1 lemon

METHOD:

1. Pre-heat the oven to 180°C
2. Place the ready rolled puff pastry sheet in a baking tray
3. Score around the pastry with a sharp knife - about 1 cm from the edge
4. Brush the pastry with the beaten egg then spread the low fat cream cheese over the base of the pastry, avoiding the outside, scored edge.
5. Sprinkle with dried oregano and place the washed asparagus, in a neat row on top.
6. Scatter the sliced red onion on top of the asparagus and season with freshly ground black pepper, **LoSalt** and a pinch of garlic powder/granules
7. Brush the asparagus with a little olive oil and sprinkle with the lemon zest.
8. Bake in the oven for 25-30 min
9. Serve warm or cold with a big green salad

If you take some types of medication that affect potassium levels, **LoSalt** and other reduced sodium salt alternatives may not be suitable for you. Check with your GP for advice