Happy Mother's Day weekend!

This week's recipe comes to us from my good friend, Angela Dadd. Her recipe today involves puff pastry. The puff pastry that

we've chosen is made by President's Choice. Although there are other good brands of puff pastry out there, the PC version is the only one

that comes rolled out in advance.

All you have to do is place the box of pastry in the fridge overnight to thaw, then open up the box, remove the pastry and lay it out on the counter. No rolling pin required! It also

comes on a handy dandy sheet of parchment paper, perfect for baking on — so don't throw it away! There are two sheets of pastry in a box. So you need two boxes for this recipe,

> unless you are going to only make half the recipe.

Puff pastry must be worked with when it is cold. So keep it in the fridge until

the last possible moment and when you do take it out, be quick about working with it. Once it gets warm, it is a bit of a disaster to do anything with.

Have fun and keep cooking!

## Spinach-Asparagus Puff Pastry Bites

Lori Gysel &

Gerry

Kentner

#### Ingredients

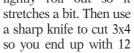
- 4 sheets of puff pastry, defrosted
- 1 (9oz) box frozen spinach, defrosted
- 1 9oz) box frozen asparagus, defrosted
- 2 tbsp lemon zest
- 1/2 cup of fresh basil leaves
- 1/2 cup freshly grated Parmesan cheese
- 2 oz goat cheese
- salt and pepper, to taste
- •2 tbsp olive oil

#### Method

1. In a food processor, combine the spinach, asparagus, lemon olive oil, basil, Parmesan cheese, goat cheese and salt and pepper.

2. Pulse everything together until it forms a paste. You may want to add more olive oil if needed, but just like a pesto, use your eye to measure. Taste for seasoning.

3. Unwrap your defrosted puff pastry and lightly roll out so it stretches a bit. Then use a sharp knife to cut 3x4



squares. (Repeat with other pastry sheets).

- 4. Spray mini muffin tins with non-stick spray, then take each puff pastry square and place it into your mini muffin tin.
- 5. Next, use a teaspoon to scoop spinach asparagus mixture into the puff pastry cups. Fill right to the top, then take the corners of the pastry and gently fold over and close.
- 6. Bake at 350F degrees for 20 minutes or until the pastry begins to get golden brown. Then remove from oven and allow to cool a bit before serving. Makes 48.



•The IFP• Halton Hills, Thursday, May 8, 2014

232 Guelph Street, Georgetown 289-924-1378 www.haltonhillsdentures.ca

# WALK-IN CLINIC OPEN

106-99 Sinclair Ave., Georgetown

905-877-9998

'Your Health is Our Concern"



Tues Wed

Mon 9am-8pm 9am-8pm 9am-8pm | Sat

Thurs 9am-8pm Fri 9am-7pm 9am-2pm

Male and female Family Physicians accepting new patients

Cardiologist on site

Cosmetic clinic - Botox, Fillers, Laser treatment on site

**Piee** Consultation

This Spring, look and feel 10 years younger without surgery

ANY PACKAGE Limited time



- Laser Hair Removal Painless and Safe done under doctors supervision
- . Botox/xeomin injections for wrinkles/lines
- . Botox/xeomin injections for excessive sweating
- · Fillers for non-surgical face lift, wrinkles/deep lines
- . Skin tightening using radio frequency
- Photofacials for pigmented spots and rosacea
- . Skin care products from Vivie

### Dr. Seegobin Cosmetic Clinic

99 Sinclair Ave #106, Georgetown 905-702-9988

www.drseegobincosmeticclinic.com





## **Pre-Registration Kick Off** Sunday, June 1st 2014 from 10am to 4pm

- Celebration cake and refreshments
- Offering exciting classes for ages 2 and up
- Dance performances at 10am, 11am, 12pm, 1pm, 2pm, 3pm
- Tour our studio and meet our friendly staff



Receive a FREE Strictly Dance t-shirt when you register on June 1st!

211 Armstrong Avenue, Georgetown, Ontario Phone: 905-702-9728 **Email:** info@strictlydance.ca **Website:** www.strictlydance.ca