

STARTER & SNACK

Wild Mushroom Tartlets

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	25 min	10 min	30	\$0.72	71 kcal

Wild Mushroom Tartlets takes approximately 35 minutes from beginning to end. For 72 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. This recipe serves 30. This hor d'oeuvre has 75 calories, 3g of protein, and 5g of fat per serving.

Ingredients

☐ 2 tablespoons butter	☐ ¼ cup fresh flat-leaf parsley, chopped
☐ 2 garlic cloves, chopped	☐ 8 ounces goat cheese
☐ 30 servings Garnish: sliced mushroom, chopped chives	☐ 1 pound wild mushrooms (cremini, portobello, shiitake, morel, oyster), coarsely chopped
☐ ¼ cup truffle or olive oil	☐ 60 phyllo-pastry tartlet shells, packaged
☐ 30 servings Salt and pepper, to taste	☐ 1 shallot, chopped

EQUIPMENT Food processor, Frying pan, Baking sheet, Oven

Method

- 1 In a large saute pan over medium heat, melt butter.
- 2 Add the shallot and garlic, stirring constantly for 1 minute.
- 3 Add the chopped mushrooms. Cook until the mushrooms begin to soften, about 5 minutes.
- 4 Transfer the mushroom mixture to a food processor and add the goat cheese.

- 5 Add the oil and parsley. Pulse until the mixture comes together. Season with salt and pepper and pulse again.
- 6 Spoon mushroom filling into tartlet shells and place on a baking sheet.
- 7 Bake in a preheated 350 degree oven for 10 minutes.
- 8 Garnish with sliced mushroom and chopped chive before serving.

Nutrition per serving

71	3 g	5 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.8 g · 11% of daily needs
Sugar			0.5 g · 1% of daily needs
Sodium			243 mg · 11% of daily needs
Cholesterol			5.5 mg · 2% of daily needs
Vitamin C			1.1 mg · 1% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/wild-mushroom-tartlets-148030