

Summer Fruit Tart

1 1/4 cups flour
1/4 tsp. salt
1/3 cup shortening
1/4 cup fat-free plain yogurt
1/4 cup low fat sour cream
1/4 tsp. almond extract
5 pkts. sugar substitute
4 cups fresh fruit
3/4 cup pineapple juice
4 cups fresh fruit
3/4 cup pineapple juice
1 tbsp. lemon juice
2 tsp. cornstarch

Preheat oven to 450°F. Combine flour and salt. Cut in shortening until well combined. Sprinkle 3-4 tbsp. cold water over mixture; toss with fork until moistened. Divide dough into 5 equal portions; roll each portion out into a ball.

On a lightly floured surface, roll each ball into a 5-inch circle. Ease pastry in 4 - 1/2" tart pans with removable bottoms. (For large tart, roll pastry into a 13" x 10" rectangle and place in an 11" x 18" x 1" tart pan with removable bottom. Proceed as for individual tarts.) Press pastry up sides; trim and remove excess. Prick bottom and sides with a fork. Line with foil. Bake for 8 minutes. Remove foil; bake until golden (5-6 minutes). Cool on wire rack. Combine yogurt, sour cream, almond extract and 2 pkts. of sugar substitute. Spread on cooled crust. Arrange fruits on top.

In a small saucepan combine pineapple juice, lemon juice and cornstarch. Cook and stir until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; stir in three packets of sugar substitute. Cool. Spoon over fruit; cover and chill. Makes 10 servings.

Nutrition information per serving: calories 165; protein 3 grams; fat 7 grams; sodium 70 mg