

Tomato Basil Parmesan Crust Pie



Serves 6

Ingredients:

For Parmesan crust:

- 1 cup almond flour
- 1 cup parmesan cheese
- pinch of salt
- 2 teaspoons dried rosemary
- 2 egg whites

For filling:

- 1 (15 ounce) container of ricotta cheese
- 4 eggs
- $\frac{1}{4}$ cup parmesan cheese
- $\frac{1}{2}$ teaspoon salt plus more for sprinkling
- $\frac{1}{8}$ teaspoon pepper plus more for sprinkling
- $\frac{1}{4}$ cup cream
- 1 tablespoon cornstarch or arrowroot powder
- 1 cup fresh basil leaves - finely chopped
- 1 pound sliced tomatoes (approximately 3 medium)

Instructions:

For crust:

1. Pre-heat oven to 375°F, and grease a 9-inch pie plate.
2. Mix almond flour, parmesan cheese, salt, and rosemary together.
3. Thoroughly combine almond flour mixture with egg whites.
4. Place dough between 2 pieces of parchment paper and roll into a circle for a 9 inch pie plate.
5. Press crust into pie plate.*
6. Bake for 10 minutes in pre-heated oven, and set crust aside.

For filling:

1. Whisk together ricotta cheese, eggs, parmesan cheese, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper.
2. In a separate cup stir together cream and cornstarch until smooth.
3. Whisk the cornstarch mixture into the cheese and egg mixture. Str in the basil.
4. Pour this mixture into a pie crust.
5. Slice tomatoes and place on top. Sprinkle the tomatoes with salt and pepper.

6. Bake 40 minutes or until center is set.

Note:

*If desired, instead of pressing crust into the pie plate, you may roll the dough between two pieces of parchment paper, place in the pie plate, and flute the edges for a more professional look.

Nutrition per serving: Calories 423; Total Fat 31.3 g; Saturated Fat 12.9 g; Monounsaturated Fat 12.3 g; Polyunsaturated Fat 3.5 g; Total Carbohydrates 13.5 g; Dietary Fiber 3.1 g; Sugar Alcohols 0.1 g; Sugars 4.7 g; Protein 24.2 g; Sodium 727 mg