

Tomato Tart



Serves 6

Ingredients:

For crust:

- 3 tablespoons butter, melted
- 3 tablespoons olive oil
- 1 egg, beaten
- 1.5 cups ground pecans*
- Non-stick cooking spray

For filling:

- $\frac{3}{4}$ cup whole milk ricotta cheese

- 1 egg, beaten
- 2 cloves garlic, chopped
- 1/2 teaspoon salt
- 1/4 cup shredded Swiss or Gruyere cheese
- 1/4 cup chopped basil

For topping:

- 1 large tomato
- 2 tablespoons shredded Swiss or Gruyere cheese

Instructions:

For crust:

1. Pre-heat oven to 400°F.
2. Combine melted butter, olive oil, beaten egg, and ground pecans. Press into a glass 9" pie dish coated with cooking spray.
3. Bake for 5 minutes.

For filling:

1. Combine ricotta cheese, beaten egg, chopped garlic, and salt with a whisk.
2. Stir in 1/4 cup Swiss cheese (or Gruyere) and chopped fresh basil. Spread this mixture over the baked crust.

For topping:

1. Top with thinly sliced fresh tomato. Arrange the slices in a circular, overlapping pattern. Sprinkle with 2 Tablespoons grated Swiss or Gruyere.
2. Bake tart for 25 minutes.
3. Allow to cool 10 minutes; sprinkle with 1/4 cup chopped fresh basil.

Note:

*Pecans may be purchased pre-ground at some grocery stores. You can also substitute a portion of the ground pecans for ground flaxseed.

Nutrition per serving: Calories 387; Total Fat 37.3 g; Saturated Fat 10.3 g; Monounsaturated Fat 18.4 g; Polyunsaturated Fat 6.5 g; Total Carbohydrates 6.4 g; Dietary Fiber 2.7 g; Sugar Alcohols 0.0 g; Sugars 2.7 g; Protein 10.1 g; Sodium 304 mg