Dinner, European

Golden Vegetable Tart with Fresh Basil

Slowly caramelized sweet onions, zucchini, and tomato slices are layered over a thyme-scented crust spread with Dijon Mustard. A final scattering of Parmesan cheese and fresh basil makes this rustic tart a standout.



80 min	140	23 g	4 g
time	calories	carbs	sugars

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Ingredients, 8 servings

- [ ] 1 spray, 0.25 g nonstick cooking spray
- [ ] 1 large sweet onion (Vidalia or other sweet onion, halved and sliced into 1/3-inch pieces)
- [ ] 1 tsp balsamic vinegar (good-quality)
- [ ] 1 1/2 cup all-purpose flour
- [ ] 1 1/2 tsp fresh thyme (chopped)
- [ ] 1/2 tsp kosher salt (divided)
- [ ] 1/3 cup ice water
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp Dijon mustard
- [ ] 1 med zucchini (cut diagonally into 1/8-inch long slices)
- [ ] 1/2 tsp black pepper (divided)
- [ ] 2 med tomato(es) (cut into 1/4-inch slices)
- [ ] 2 tbsp Parmesan cheese (freshly grated)
- [ ] 1/4 cup fresh basil (chopped)

Nutrition Facts

Per serving

Calories	**140**
Total fat	4 g
Saturated fat	1 g
Sodium	180 mg
Total carbs	23 g
Fiber	2 g
Total sugars	4 g
Protein	4 g

Method

- [ ] 1 Set a large nonstick skillet over medium-high heat, spray it with the nonstick cooking spray, and let it heat up. Turn the heat down to medium-low and cook the sweet onion until it is very soft and golden, about 20 minutes.
- [ ] 2 Stir in the balsamic vinegar, keep the sweet onion going for 5 minutes more, then scrape everything onto a plate.
- [ ] 3 While that happens, heat the oven to 400°F.
- [ ] 4 In a roomy bowl, combine the all-purpose flour, the fresh thyme, and 1/4 teaspoon of the Kosher Salt. Work in the ice water and the olive oil, stopping as soon as the mixture holds together as a soft dough.
- [ ] 5 Scatter a little of the all-purpose flour over a clean work surface and roll the dough out with a rolling pin into a 16 by 10 inch rectangle or a 13 inch circle.
- [ ] 6 Fold the dough over on itself, carry it to a 12 by 6 inch tart pan or a 9 inch round tart pan with a removable bottom, unfold it, and cut away any overhanging dough around the edges.
- [ ] 7 Smooth the Dijon Mustard over the inside bottom of the crust with the back of a spoon.
- [ ] 8 Coat the skillet again with nonstick cooking spray, set it over medium heat, and add the zucchini along with 1/4 teaspoon of the black pepper. Cook the slices until golden, 5 to 7 minutes.
- [ ] 9 Start with a layer of tomato slices on the crust, put the zucchini on top of them, follow with the remaining tomatoes, and end with the sweet onion, letting everything overlap a little.

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- [ ] **10** Scatter the last 1/4 teaspoon of Kosher Salt, the last 1/4 teaspoon of black pepper, and all of the Parmesan cheese over the layered vegetables.
- [ ] **11** Bake the tart for about 20 minutes, until it takes on a lightly golden brown color.
- [ ] **12** Pull the tart from the oven, scatter the fresh basil across the top, and set it back in the oven for 3 more minutes.
- [ ] **13** Let the tart rest for 5 minutes, then cut it into wedges and serve.