

Savory Teff Tart with Swiss Chard, Sweet Potato and Feta

Tarla Fallgatter, cooking instructor



Servings: 8

Notes: do seek out teff grains, not teff flour. It may be hard to find, although you can buy it on amazon if you're inclined to order there. Health food stores will likely have it and probably Whole Foods.

1. CRUST: Combine teff, flour and salt in food processor. Pulse in butter and add just enough ice water to form a dough. Form dough into a disk, wrap in plastic wrap and chill 30 minutes. Roll dough into a 14-inch circle and unroll over an 11-inch fluted tart pan with removable bottom. Chill tart. Preheat oven to 375°F. Bake tart blind, lined with foil and filled with pie weights or dried beans. Test tart at 10 minutes by lifting up an edge of the foil. If the dough sticks, bake another minute. Test again until the foil doesn't stick - approximately 10-12 minutes. Cool on a rack and remove pie weights and foil carefully.

2. Heat olive oil in saute pan and add onions, stirring, and cook until onions wilt and develop a dark-brown color, about 10 minutes. Reduce heat to medium low, partially cover pan with foil and cook, stirring occasionally, until onions have caramelized. Add balsamic vinegar and stir until it evaporates and glazes the onions. Set aside for later.

3. Remove onions and set aside. Add second amount of olive oil to the pan and stir in garlic. Cook just until fragrant. Add swiss chard and cook on medium heat until completely wilted. Add salt and pepper to taste and sprinkle with second quantity of balsamic vinegar, tossing it until the vinegar cooks away. Transfer to a bowl to cool.

4. Add most of the feta cheese to the chard mixture along with eggs and a pinch of red chili flakes. Spread this mixture into the bottom of the crust. Top with sweet potato pieces and sprinkle with remaining cheese.

5. Bake the tart on a flat baking sheet until cheese is nicely browned, 25-30 minutes. Spoon onions over the top of the tart, allowing bits of cheese to peek through. Let tart cool slightly, about 10 minutes, then remove the tart rim. Sprinkle arugula on top if desired. Slice and serve warm, or at room temperature.

CRUST:

- 1 cup teff grains, see notes (not teff flour)
- 1 cup all-purpose flour
- 3/4 teaspoon salt
- 6 ounces unsalted butter, cold, cut into pieces
- 4 tablespoons ice water, or up to 1 T. more

FILLING:

- 2 medium sweet potatoes, roasted until tender, cooled, peeled, cut into pieces
- 1 tablespoon olive oil
- 2 medium red onions, peeled, halved, sliced 1/4" thick
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 3 large garlic cloves, peeled, chopped
- 1 bunch Swiss chard (large quantity)
- 1 tablespoon balsamic vinegar
- 3 ounces Feta cheese, crumbled
- 1 pinch red chili flakes
- 2 large eggs
- freshly ground black pepper
- arugula, chopped, for garnish (optional)

Per Serving (excluding unknown items): 446 Calories; 25g Fat (45.5% calories from fat); 22g Protein; 46g Carbohydrate; 5g Dietary Fiber; 109mg Cholesterol; 349mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 1/2 Fat.

Carolyn T's Blog: tastingspoons.com