

Zucchini Tart

Author: adapted from Sherrie's Kitchen website

Carolyn T's
Main Cookbook

Servings: 12



2 cups zucchini, thinly sliced (about 4)
1 1/3 cups asparagus spears, chopped
1 cup onion, diced
1 cup all-purpose flour
1 1/3 cups milk
1/2 cup olive oil
1 egg
fresh ground pepper
3/4 cup Parmegiano-Reggiano Cheese, grated (or Pecorino)

Serving Ideas: Can be served as a vegetable side dish, or would make a lovely main dish for brunch or a vegetarian dinner.

Categories: Vegetarian

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 152 Calories; 11g Fat (61.4% calories from fat); 3g Protein; 12g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 21mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

Notes: This is similar to what's called an "impossible pie." It doesn't exactly make a crust, but it sort-of does. Very easy to make.

Description:

1. Salt zucchini and onion and leave in a colander to drain for 30 minutes. Shake colander over your sink before proceeding.
2. Preheat oven to 450 degrees.
3. Pour a tablespoon of olive oil (of the half cup measure) into each pie pan, coating the bottom and sides of each pan to prevent sticking.
3. Sift flour. Whisk in milk and 1/2 cup of olive oil to make a batter that is quite liquid. Whisk in the egg, stir in the zucchini, asparagus and onions.
4. Divide the batter between the two pans. Smooth the top of the batter to prevent slices of zucchini from protruding. (Some will do so anyway.) Grate a substantial amount of pepper on top of each and sprinkle with the grated cheese.
5. Bake in middle of the oven for 20 minutes at 450 degrees, reduce heat to 425 and bake for 10-15 minutes more, until deep golden. Cool for about 5 minutes before cutting into wedges. May be served warm or at room temperature.