



Butternut Squash Tart with Fried Sage

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 8 servings pepper black
- ☐ 1 large water with 1 teaspoon water beaten
- ☐ 12 sage fresh
- ☐ 0.3 cup honey
- ☐ 8 servings kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup parmesan shaved
- ☐ 1 sheet puff pastry frozen thawed (from a 17.3-ounce package)
- ☐ 1 thai chile red thinly sliced

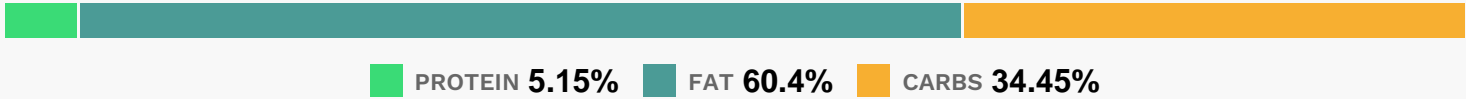
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 375°F. Line a large rimmed baking sheet with parchment paper. Gently roll out 1 sheet of frozen puff pastry, thawed (from a 17.3-ounce package) on a lightly floured surface to a 10" square (just enough to even out).
- ☐ Transfer to prepared sheet.
- ☐ Brush pastry with 1 large egg beaten with 1 teaspoon water. Arrange twelve 1/8"-thick rounds peeled butternut squash (cut from squash's neck) over pastry, overlapping as needed and leaving a 1/2" border.
- ☐ Place another sheet of parchment paper over squash. Set another large rimmed baking sheet over the tart. (This will weigh down the pastry dough and steam the squash slices.)
- ☐ Bake until bottom of pastry begins to brown and top begins to puff, about 10 minutes.
- ☐ Remove top baking sheet and discard top sheet of parchment paper.
- ☐ Brush squash slices with 1 tablespoon olive oil and season with kosher salt. Return tart, uncovered, to oven and bake until pastry is deep golden brown and cooked through, 25–30 minutes longer.
- ☐ Meanwhile, combine 1/4 cup honey, 1 thinly sliced Fresno jalapeño, or red Thai chile, and 2 tablespoons water in a small saucepan. Bring to a boil over medium heat (add another thinly sliced chile if more heat is desired). Boil until thickened slightly and syrupy, about 6 minutes.
- ☐ Line a plate with paper towels.
- ☐ Heat 2 tablespoons olive oil in a small skillet until just beginning to smoke.
- ☐ Add 12 fresh sage leaves; fry until crisp, about 30 seconds.
- ☐ Transfer to paper towels to drain.
- ☐ Slice tart. Arrange 1/4 cup shaved Parmesan on top; drizzle with chile-infused honey.
- ☐ Garnish with fried sage leaves and a few grinds of black pepper.

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:12.07, Inflammation Score:-1, Nutrition Score:4.1817391576326%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 260.1kcal (13%), Fat: 17.73g (27.28%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 22.24g (8.09%), Sugar: 8.97g (9.97%), Cholesterol: 2.13mg (0.71%), Sodium: 320.81mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Selenium: 8.21µg (11.72%), Copper: 0.23mg (11.34%), Manganese: 0.18mg (8.94%), Vitamin B1: 0.12mg (8.25%), Vitamin K: 8.36µg (7.96%), Vitamin B3: 1.3mg (6.51%), Vitamin E: 0.93mg (6.21%), Folate: 24.42µg (6.11%), Vitamin B2: 0.1mg (5.98%), Iron: 0.91mg (5.03%), Calcium: 41.86mg (4.19%), Phosphorus: 40.84mg (4.08%), Fiber: 0.52g (2.06%), Zinc: 0.28mg (1.84%), Magnesium: 6.89mg (1.72%), Vitamin C: 0.96mg (1.17%)