



Chickpea, Eggplant, and Tomato Tarts



Vegetarian



Vegan



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons pepper black
- ☐ 15 oz chickpeas rinsed drained canned
- ☐ 14.5 oz canned tomatoes drained coarsely chopped canned
- ☐ 1 lb eggplant
- ☐ 1 leaf garnish: flat parsley leaves fresh
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground cumin

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 medium onion halved lengthwise
- ☐ 0.5 teaspoon paprika hot (not)
- ☐ 72 inch phyllo sheets frozen thawed (from a 1-lb package)
- ☐ 1.8 teaspoons salt
- ☐ 1 teaspoon sugar
- ☐ 1 turkish or

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ spatula
- ☐ colander

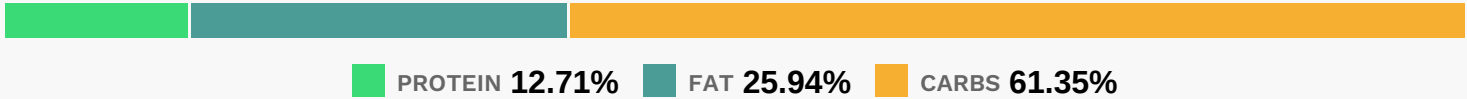
Directions

- ☐ Peel eggplant and cut into 1/2-inch cubes. Toss with 1 teaspoon salt in a large bowl and let stand 15 minutes, then rinse in a colander under cold water and squeeze out excess water.
- ☐ Heat 2 tablespoons oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook onion with bay leaf, stirring occasionally, until golden, about 5 minutes.
- ☐ Add 1 tablespoon oil, eggplant, and garlic and cook, stirring, until eggplant is tender, 8 to 10 minutes.
- ☐ Add tomatoes (without juice), paprika, and cumin and cook, stirring, 3 minutes.
- ☐ Add reserved tomato juice, chickpeas, sugar, 1/2 teaspoon pepper, and remaining 3/4 teaspoon salt and simmer, stirring occasionally, until filling is thickened and most of liquid is

evaporated, about 5 minutes.

- ☐ Remove from heat and stir in parsley, then discard bay leaf.
- ☐ Put oven rack in middle position and preheat oven to 425°F. Line a large baking sheet with foil.
- ☐ Unroll phyllo and cover stack with plastic wrap and a dampened kitchen towel. Keeping remaining phyllo covered, lightly brush 1 phyllo sheet with some of remaining oil and top with 2 more sheets, brushing each with oil.
- ☐ Sprinkle with 1/2 teaspoon pepper, then cut stack in half crosswise with a sharp knife. Spoon 1 cup filling into center of each half. Crumple edges of phyllo and shape into a crescent, leaving filling exposed, then transfer to baking sheet using a spatula. Make 2 more tarts in same manner, arranging about 1/2 inch apart on baking sheet.
- ☐ Bake, rotating baking sheet 180 degrees after 10 minutes, until edges of tarts are golden, 15 to 20 minutes total.
- ☐ Serve immediately.
- ☐ •Filling, without parsley, can be made 1 day ahead and chilled, covered. Stir in parsley before using. •Tarts can be baked 6 hours ahead and kept, uncovered, at room temperature. Reheat in a 350°F oven 15 to 20 minutes (while turkey stands, if making).

Nutrition Facts



Properties

Glycemic Index:97.36, Glycemic Load:17.41, Inflammation Score:-8, Nutrition Score:24.943912796352%

Flavonoids

Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg, Delphinidin: 97.17mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 361.77kcal (18.09%), Fat: 10.85g (16.7%), Saturated Fat: 1.75g (10.94%), Carbohydrates: 57.77g (19.26%), Net Carbohydrates: 45.94g (16.7%), Sugar: 10.86g (12.07%), Cholesterol: 0mg (0%), Sodium: 1675.96mg (72.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.93%), Manganese: 1.72mg (86.22%), Vitamin K:

80.99µg (77.13%), Fiber: 11.84g (47.35%), Vitamin B6: 0.84mg (41.94%), Folate: 116.79µg (29.2%), Vitamin B1: 0.43mg (28.35%), Iron: 4.93mg (27.41%), Copper: 0.53mg (26.27%), Vitamin C: 20.13mg (24.4%), Potassium: 836.24mg (23.89%), Vitamin B3: 4.13mg (20.65%), Selenium: 14.26µg (20.37%), Magnesium: 79.32mg (19.83%), Phosphorus: 195.49mg (19.55%), Vitamin E: 2.56mg (17.06%), Vitamin B2: 0.29mg (16.82%), Vitamin A: 730.27IU (14.61%), Vitamin B5: 1.14mg (11.4%), Calcium: 108.68mg (10.87%), Zinc: 1.56mg (10.39%)