



Cornmeal-Crusted Roasted Ratatouille Tart

READY IN



95 min.

SERVINGS



8

CALORIES



221 kcal

Ingredients

- 0.3 cup basil leaves fresh shredded
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 2 tablespoons canola oil
- 0.5 pound eggplant rounds thinly sliced ()
- 2 tablespoons olive oil
- 0.3 cup parmesan freshly grated
- 3 ounces part-skim mozzarella cheese shredded
- 0.3 teaspoon salt
- 0.3 cup shallots thinly sliced

- 3 medium tomatoes sliced
- 3 tablespoons water
- 0.3 cup whole-grain pastry flour
- 0.7 cup cornmeal yellow
- 1 zucchini sliced into 1/8-inch rounds (8 ounces)

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- tart form

Directions

- Watch how to make this recipe.
- For the crust: Preheat the oven to 350 degrees F.
- Combine cornmeal, pastry flour, and salt in the bowl of a food processor. Pulse to incorporate.
- Add butter and oil and pulse about 20 times, until mixture resembles small pebbles.
- Add water and pulse until mixture forms a loose dough.
- Remove dough from processor and press into bottom and about 1/8-inch up the sides of a 9-inch tart pan with a detachable rim. Press aluminum foil into the bottom and sides of the pan on top of the dough and weigh down with uncooked rice or pie weights.
- Place tart pan on a baking sheet and bake for 10 minutes.
- Remove from oven and remove rice and foil. Return to oven and bake for an additional 5 minutes, or until no longer shiny and wet.
- Remove from oven and let cool.
- For the filling: Increase the oven to 400 degrees F.

- Heat 1 teaspoon of olive oil in a nonstick pan over medium heat; saute shallots until soft, about 5 to 6 minutes. Spray 2 baking trays with cooking spray. Arrange the eggplant, zucchini and tomato slices on the trays in a single layer and brush with the remaining olive oil. Season with salt and pepper, and roast the vegetables until soft but not browned, about 15 minutes.
- Remove the vegetables from oven and cool.
- Lower the oven temperature to 350 degrees F.
- Lay the eggplant slices in 2 layers on the bottom of tart; cover with 1/3 of the mozzarella cheese and some of the shredded basil.
- Add the zucchini and shallots, top with another 1/3 of the mozzarella and basil, then the tomatoes. Top with rest of the mozzarella cheese and the Parmesan.
- Bake for 25 to 30 minutes, or until cheese is melted and vegetables have further wilted.
- Remove from oven, let cool for 5 minutes, and cut into 8 slices.
- Serve warm.

Nutrition Facts



■ PROTEIN **12.22%**
■ FAT **53.33%**
■ CARBS **34.45%**

Properties

Glycemic Index:45.06, Glycemic Load:7, Inflammation Score:-6, Nutrition Score:9.4460870105287%

Flavonoids

Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg, Delphinidin: 24.29mg Naringenin: 0.31mg,
 Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:
 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg
 Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 221.09kcal (11.05%), Fat: 13.48g (20.74%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 19.59g (6.53%),
 Net Carbohydrates: 15.82g (5.75%), Sugar: 3.98g (4.42%), Cholesterol: 16.45mg (5.48%), Sodium: 218.09mg
 (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Manganese: 0.5mg (24.86%),
 Phosphorus: 153.03mg (15.3%), Fiber: 3.77g (15.09%), Vitamin C: 12.25mg (14.85%), Calcium: 140.05mg (14.01%),
 Vitamin K: 14.18µg (13.5%), Vitamin A: 643.5IU (12.87%), Vitamin B6: 0.24mg (12.25%), Vitamin E: 1.68mg (11.19%),
 Magnesium: 41.09mg (10.27%), Potassium: 347.66mg (9.93%), Selenium: 6.41µg (9.16%), Zinc: 1.17mg (7.82%),
 Folate: 30.89µg (7.72%), Vitamin B1: 0.11mg (7.57%), Copper: 0.13mg (6.64%), Vitamin B2: 0.11mg (6.43%), Iron:
 1.07mg (5.97%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.13µg (2.18%)