



## Heirloom Tomato and Goat Cheese Tart

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter unsalted diced
- ☐ 4 servings cornmeal tart shell
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 teaspoon thyme leaves fresh chopped for garnish
- ☐ 2 ounces goat cheese softened
- ☐ 0.7 cup cornmeal yellow stone-ground
- ☐ 1.5 pounds heirloom tomatoes cut into 1/4-inch-thick slices ( 3 medium tomatoes)
- ☐ 4 tablespoons ice water

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sea salt

## Equipment

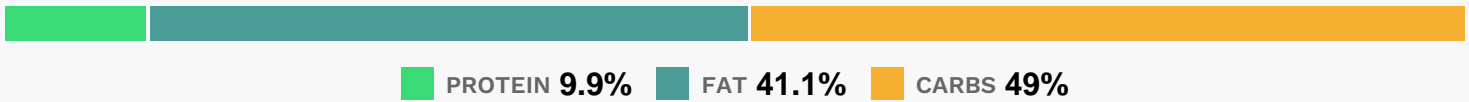
- ☐ food processor
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ wax paper
- ☐ rolling pin
- ☐ measuring cup
- ☐ tart form

## Directions

- ☐ Preheat oven to 40
- ☐ For the Cornmeal Tart Shell, lightly spoon cornmeal and flour into dry measuring cups; level with a knife.
- ☐ Combine cornmeal, flour, salt, and pepper in a food processor; pulse 4 times or until blended.
- ☐ Add butter and olive oil; pulse 10 seconds or until mixture resembles coarse meal. With processor on, slowly pour ice water through the food chute, processing just until blended. (Do not allow dough to form a ball.)
- ☐ Press mixture gently into a 4-inch circle, and wrap tightly in plastic wrap. Chill dough for 15 minutes. Unwrap chilled dough, and place on piece of wax paper. Cover dough with a second sheet of wax paper. With a rolling pin, roll the dough into a 12-inch rectangle.
- ☐ Remove top sheet of wax paper; place dough, wax paperside up in a 9- x 12-inch rectangular fluted tart pan.
- ☐ Remove remaining sheet of wax paper. Press dough gently into bottom and sides of tart pan.
- ☐ Cut away and discard excess dough.

- ☐ Bake tart shell at 400 for 20 minutes. While the tart shell is warm, spread the goat cheese over the bottom of the crust in an even layer.
- ☐ Sprinkle evenly with thyme. Arrange the sliced tomatoes in an overlapping pattern on top.
- ☐ Sprinkle sea salt and pepper evenly over tomatoes.
- ☐ Bake at 400F for an additional 15 minutes. Allow tart to cool for 5 minutes before slicing.
- ☐ Garnish with thyme sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:81.75, Glycemic Load:29.14, Inflammation Score:-9, Nutrition Score:15.810434818268%

## Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 396.67kcal (19.83%), Fat: 18.36g (28.25%), Saturated Fat: 7.09g (44.32%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 43.17g (15.7%), Sugar: 5.23g (5.81%), Cholesterol: 21.57mg (7.19%), Sodium: 500.28mg (21.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.96g (19.91%), Vitamin A: 1750.83IU (35.02%), Manganese: 0.61mg (30.29%), Vitamin C: 23.7mg (28.73%), Fiber: 6.1g (24.41%), Vitamin B1: 0.35mg (23.1%), Vitamin B6: 0.4mg (19.87%), Folate: 78.09µg (19.52%), Phosphorus: 183.88mg (18.39%), Vitamin K: 18.74µg (17.84%), Copper: 0.33mg (16.47%), Magnesium: 65.53mg (16.38%), Vitamin B3: 3.21mg (16.06%), Iron: 2.89mg (16.04%), Potassium: 551.66mg (15.76%), Vitamin E: 2.26mg (15.09%), Selenium: 9.73µg (13.9%), Vitamin B2: 0.23mg (13.34%), Zinc: 1.71mg (11.41%), Vitamin B5: 0.57mg (5.67%), Calcium: 46.21mg (4.62%), Vitamin D: 0.16µg (1.08%)