



## Mini Zucchini and Goat Cheese Tarts

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

### Ingredients

- ☐ 3 ounces goat cheese fresh soft room temperature
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for drizzling
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 pie crust dough refrigerated
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons lemon thyme fresh chopped
- ☐ 2.5 pounds zucchini cut into 1/16- to 1/8-inch-thick rounds

### Equipment

- ☐ bowl

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ cookie cutter

## Directions

- ☐ Line rimmed baking sheet with parchment paper.
- ☐ Place pie crust on floured work surface. Using 1 1/2- to 1 3/4-inch cookie cutter or biscuit cutter dipped in flour, cut out 24 rounds; transfer to prepared sheet, spacing 1/2 inch apart.
- ☐ Place in freezer until dough is firm, about 30 minutes. DO AHEAD: Can be made 1 day ahead. Cover; keep frozen.
- ☐ Toss zucchini with 1 teaspoon salt in medium bowl.
- ☐ Let stand 15 minutes.
- ☐ Drain and pat dry.
- ☐ Place zucchini in another medium bowl; toss with 2 tablespoons olive oil and thyme.
- ☐ Sprinkle zucchini with pepper.
- ☐ Preheat oven to 400°F.
- ☐ Spread goat cheese generously over each frozen dough round. Fold 3 to 4 zucchini slices in half and place in concentric circle atop 1 dough round, creating flower-like pattern. Repeat with remaining zucchini and dough (reserve any remaining zucchini for another use).
- ☐ Sprinkle with Parmesan.
- ☐ Bake until crusts are light golden, about 20 minutes.
- ☐ Transfer to platter.
- ☐ Drizzle lightly with additional olive oil.
- ☐ Serve warm or at room temperature.
- ☐ Pair the tarts with a Pinot Blanc. Try the Robert Sinskey 2007 Pinot Blanc, Carneros (\$40), which has citrus and melon flavors.

## Nutrition Facts



 **PROTEIN 11.99%**  **FAT 57.25%**  **CARBS 30.76%**

Properties

Glycemic Index:10, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:11.981739173765%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 258.5kcal (12.93%), Fat: 16.82g (25.88%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 20.33g (6.78%), Net Carbohydrates: 17.64g (6.42%), Sugar: 4.85g (5.39%), Cholesterol: 10.15mg (3.38%), Sodium: 643.82mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.86%), Vitamin C: 34.9mg (42.3%), Manganese: 0.49mg (24.5%), Vitamin B6: 0.36mg (18.17%), Vitamin B2: 0.3mg (17.48%), Folate: 67.44µg (16.86%), Phosphorus: 155.63mg (15.56%), Potassium: 536.3mg (15.32%), Vitamin K: 13.33µg (12.7%), Vitamin A: 592.42IU (11.85%), Vitamin B1: 0.17mg (11.62%), Copper: 0.23mg (11.54%), Magnesium: 43.07mg (10.77%), Fiber: 2.69g (10.77%), Iron: 1.87mg (10.39%), Calcium: 95.29mg (9.53%), Vitamin B3: 1.69mg (8.47%), Vitamin E: 1.08mg (7.17%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.61mg (6.13%), Selenium: 3.85µg (5.5%), Vitamin B12: 0.08µg (1.39%)