



Ratatouille Walnut Tart II

 Vegetarian

READY IN



95 min.

SERVINGS



4

CALORIES



731 kcal

Ingredients

- 0.3 cup asiago cheese grated
- 3 tablespoons butter
- 2 large carrots sliced thin
- 0.5 teaspoon basil dried
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon parsley dried
- 0.5 teaspoon rosemary dried
- 0.5 teaspoon sage dried
- 0.5 teaspoon thyme dried

- 0.8 lb eggplant sliced thin
- 3 garlic clove minced
- 0.5 cup goat cheese chopped
- 2 heirloom tomatoes sliced
- 1 leek sliced thin
- 4 servings olive oil
- 10 sheets dough thawed
- 2.5 teaspoons tomato paste
- 4 servings vegetable stock
- 1 cup walnuts chopped
- 4 small zucchini sliced thin

Equipment

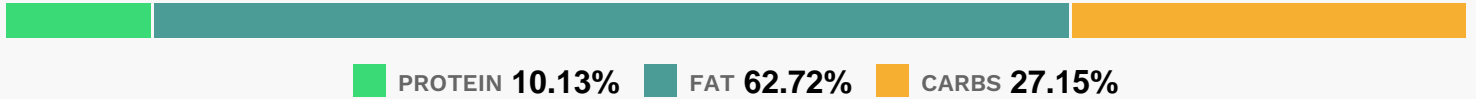
- frying pan
- baking sheet
- oven
- wire rack
- tart form
- pastry brush

Directions

- Slice the eggplant and place them on a cooling rack over a cookie sheet and sprinkle liberally with salt.
- Let them sweat for about 30 minutes. Slice zucchini and carrots,
- Place them on a cookie sheet. Salt, pepper and drizzle with olive oil. Roast in a 350F oven for 15–20 minutes or just until the zucchini are tender. You might want to put the carrots back in until tender. Rinse off the eggplant in the sink to remove the excess salt.
- Place them on a cookie sheet. Pepper and drizzle them with olive oil and roast for 15–20 minutes or just until tender.

- Let the veggies chill out on the counter or fridge while you make the crust. Melt 3–4 Tbsp butter. I use unsalted sweet cream, but use what you have. I added in to the butter 1/2 tsp each of: rosemary, sage, thyme, basil, parsley, and marjoram. With a pastry brush, brush the butter and herb mixture onto each of the sheets of phyllo.
- Sprinkle each sheet with your asiago cheese.
- Layer Phyllo sheets in a 11-inch tart pan, stopping with a plain sheet on top. (You could also sprinkle some ground walnuts between the layers. That would be yummy.)
- Layer the veggies in the tart pan. I started with the largest, eggplant, then the zucchini and carrots. In a sautee pan, add 2–3 tbsp olive oil and sautee the leeks and garlic for about 2–3 minutes stirring until they start to break down.
- Add in tomato paste, vegetable stock and herbs. You just want enough vegetable stock to thin out the paste so it's spreadable, about 2 tablespoons.
- Spread leek mixture over the eggplant, zucchini and carrots in the tart pan. Top with heirloom tomatoes and sprinkle with walnuts, remaining cheese and goat cheese.
- Bake 350F for 35 minutes.
- Serve hot or room temperature.

Nutrition Facts



Properties

Glycemic Index: 121.71, Glycemic Load: 15.2, Inflammation Score: -10, Nutrition Score: 32.960869374483%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 731.46kcal (36.57%), Fat: 52.89g (81.37%), Saturated Fat: 15.16g (94.76%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 42.45g (15.44%), Sugar: 13.78g (15.32%), Cholesterol: 39.88mg (13.29%), Sodium: 1516.1mg

(65.92%), Alcohol: Og (100%), Protein: 19.22g (38.44%), Vitamin A: 8329.09IU (166.58%), Manganese: 1.96mg (98.13%), Copper: 0.96mg (47.89%), Vitamin C: 38.21mg (46.32%), Vitamin K: 45.09µg (42.94%), Folate: 153.34µg (38.33%), Phosphorus: 363.03mg (36.3%), Fiber: 9.05g (36.21%), Vitamin B1: 0.53mg (35.56%), Vitamin B6: 0.7mg (35.1%), Vitamin B2: 0.53mg (31.19%), Potassium: 1035.81mg (29.59%), Magnesium: 114.78mg (28.69%), Iron: 4.86mg (26.99%), Vitamin E: 3.93mg (26.18%), Selenium: 16.09µg (22.98%), Vitamin B3: 4.44mg (22.22%), Calcium: 219.31mg (21.93%), Zinc: 2.38mg (15.86%), Vitamin B5: 1.23mg (12.27%), Vitamin B12: 0.15µg (2.45%)