

ONIONS

Southwestern Tart

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.38	504 kcal

The recipe Southwestern Tart can be made in approximately 45 minutes. This recipe makes 6 servings with 504 calories, 13g of protein, and 40g of fat each. For \$1.38 per serving, this recipe covers 14% of your daily requirements of vitamins and minerals. It is brought to you by My Recipes.

Ingredients

- ☐ 1 large ripe avocado, chopped
- ☐ 2 large eggs
- ☐ 2 tablespoons chopped fresh cilantro, divided
- ☐ ½ teaspoon ground cumin
- ☐ ½ cup grated Parmesan cheese
- ☐ 1/3 cup shortening
- ☐ ½ cup sour cream
- ☐ ¼ cup water
- ☐ 8 ounce package cream cheese, softened
- ☐ 1 cup all-purpose flour
- ☐ 2 green onions, chopped
- ☐ 1 tablespoons fresh lime juice
- ☐ ½ teaspoon salt, divided
- ☐ 2 ounces 1/2 cup shredded Cheddar cheese
- ☐ 1 tomato, chopped

EQUIPMENT Oven, Wire rack, Blender, Plastic wrap, Hand mixer, Aluminum foil, Tart form

Method

- 1

Combine flour, Parmesan cheese, 1 tablespoon cilantro, and 1/4 teaspoon salt; cut in shortening with a pastry blender or fork until crumbly.

- 2 Add 1/4 cup water, 1 tablespoon at a time, and stir with a fork until dry ingredients are moistened.
- 3 Shape dough into a ball, and press into a 4-inch circle over heavy-duty plastic wrap. Cover with more plastic wrap, and chill 15 minutes.
- 4 Roll dough, covered with plastic wrap, into an 11-inch circle.
- 5 Remove plastic wrap, and fit dough into a 9-inch tart pan with removable bottom. Line pastry with aluminum foil, and fill with pie weights or dried beans.
- 6 Bake at 450 for 10 minutes.
- 7 Remove weights and foil; bake 4 to 5 more minutes or until lightly browned. Cool on a wire rack.
- 8 Beat cream cheese at medium speed with an electric mixer until smooth.
- 9 Add eggs, green onions, cumin, and remaining 1 tablespoon cilantro and 1/4 teaspoon salt, beating until blended.
- 10 Spread evenly over crust.
- 11 Bake at 400 for 20 minutes. Cool on a wire rack 10 minutes.
- 12 Toss together avocado and lime juice.
- 13 Spread pie with 1/2 cup sour cream, and sprinkle with Cheddar cheese, avocado, and tomato.
- 14 Serve with salsa, if desired.

Nutrition per serving

504
KCAL

13 g
PROTEIN

40 g
FAT

24 g
CARBS

Saturated Fat	16.8 g · 105% of daily needs
Fibre	3.2 g · 13% of daily needs
Sugar	3.1 g · 3% of daily needs
Sodium	555 mg · 24% of daily needs
Cholesterol	128 mg · 43% of daily needs
Vitamin C	7.9 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/southwestern-tart-148610