



## Squash Tart with Herbs and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

### Ingredients

- ☐ 4 ounce feta cheese crumbled
- ☐ 2 clove garlic minced peeled
- ☐ 1 cup herbs mixed loosely packed (parsley, chervil, thyme, oregano etc)
- ☐ 8 servings kalamata olives to taste
- ☐ 8 sheets enough phyllo dough to make 8 layers (adjust the sheet count to your pan size)
- ☐ 8 servings salt and pepper
- ☐ 4 tablespoon butter unsalted melted

### Equipment

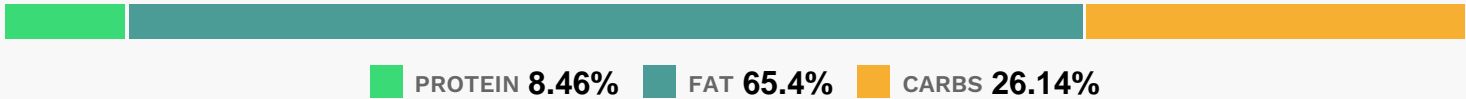
- ☐ frying pan

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Mix the herbs and garlic together with the oil and enough salt and pepper to make you happy.Unfold the phyllo dough; cover the dough with a very lightly damp paper towel.
- ☐ Brush a quarter sheet sized baking pan with some of the melted butter. Press as many sheets as necessary to cover the bottoms and rims of an entire baking sheet. It is fine to overlap in the center. Lightly brush the dough with more butter.Repeat, repeat. Including the butter between each layer. Until you have 8 complete layers. Which means my sheets and my size pan required 32 sheets of phyllo. Do you get my meaning?
- ☐ Spread the herb and olive oil mixture over the bottom of the phyllo lined pan.
- ☐ Layer the zucchini, in multiple layers, taking care to overlap each layer in an attractive manner. If you are using more than one kind or color (as I did) put your artists cap on and MAKE IT PRETTY!Top the tart with the olives and crumbled feta.
- ☐ Bake until well browned on the edges; about 30 minutes.
- ☐ Let the tart cool slightly before slicing.
- ☐ Garnish with more fresh herbs and a big drizzle of olive oil.
- ☐ Serve warm, or very soon after. This tart does not keep, well so keep eating until it is finished.

## Nutrition Facts



## Properties

Glycemic Index:20.63, Glycemic Load:3.9, Inflammation Score:-4, Nutrition Score:5.4713043881499%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.37kcal (8.77%), Fat: 12.95g (19.92%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.56g (3.84%), Sugar: 0.16g (0.18%), Cholesterol: 27.67mg (9.22%), Sodium: 760.17mg (33.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin K: 13.96µg (13.3%), Vitamin B2: 0.19mg (11.25%), Selenium: 6.92µg (9.88%), Vitamin A: 471.67IU (9.43%), Calcium: 90.84mg (9.08%), Vitamin B1: 0.13mg (8.78%), Manganese: 0.14mg (7.11%), Phosphorus: 67.33mg (6.73%), Vitamin E: 0.99mg (6.6%), Folate: 24.13µg (6.03%), Iron: 0.91mg (5.06%), Vitamin B3: 1mg (4.98%), Fiber: 1.08g (4.34%), Vitamin B6: 0.09mg (4.31%), Vitamin B12: 0.25µg (4.19%), Zinc: 0.55mg (3.66%), Copper: 0.06mg (3.14%), Magnesium: 10mg (2.5%), Vitamin B5: 0.22mg (2.17%), Potassium: 44.83mg (1.28%), Vitamin D: 0.16µg (1.08%)