

Mediterranean Vegetable Tart



Make this vegetable tart and enjoy a light and healthy dinner on the back deck

Serves 4

1c zucchini, sliced in half moons	2T olive oil	1/4c sour cream
1/2c red onion, sliced	2t tahini*	1 egg
1 red bell pepper, sliced	1/2c goat cheese	1 puff pastry sheet, thawed
1c eggplant, cubed	1/2c mozzarella cheese, shredded	
1/2c kalamata olives, pitted	1/2c ricotta cheese	

Preheat oven to 375. Mix together zucchini, onion, red bell pepper, eggplant, olives and olive oil. Spread on baking sheet and roast 20 minutes. Remove from oven and mix in tahini.

Mix together goat, mozzarella and ricotta cheeses. Add sour cream and egg and mix well.

Spread puff pastry over the bottom and edges of a round tart pan. Spread with cheese mixture and then top with roasted vegetable mixture. Fold edges of puff pastry over top of vegetables. At this point, freeze or bake.

If not frozen, bake 400 for 20~25 minutes. If tart is frozen, remove from freezer and preheat oven to 400. Bake, frozen, for 30~35 minutes.

* Tahini is a ground sesame paste and can be found in most Mediterranean markets or special stores

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