

# Tomato Tart

**Items Needed:** mixing bowl, fork, rolling pin, baking sheet, knife, cutting board

**Serves:** 2 medium tarts

## Ingredients:

- 2 cup whole wheat flour plus some for rolling
- ½ tsp salt
- 1 tsp baking powder
- 1 Tbsp sugar
- ¼ cup olive oil
- 1/3-1/2 cup of ice cold water
- 2 heirloom tomatoes
- 2 cloves garlic
- 1 egg (for egg wash) optional

## Directions:

1. In a mixing bowl combine flours, salt, baking powder and sugar. Keep your two tablespoons of flour to the side. Mix with a fork until combined and add oil. Cut the oil into the flour, work oil in until mealy.
2. Once the oil is worked into the flour evenly, add in ¼ cup of water and add a tablespoon at a time until the dough just comes together.
3. Separate crust into two portions and chill for ½ an hour.
4. While the dough is chilling, slice the tomato to about 1/3 of an inch thick pieces. Thinly slice garlic and keep these to the side.
5. Remove one portion of the crust from the fridge and place on a lightly floured surface. Roll out to just under ¼ inch. The shape doesn't matter, oval, square, or round, you will fold in the sides so don't fret too much about that.
6. Preheat oven to 400 degrees.
7. Lay out the tomatoes shingled in a circular pattern, place the garlic throughout the tomatoes, sprinkle with salt and pepper.
8. Fold up the sides of the tart, pressing areas that overlap together. In a small bowl whisk your egg and brush the outside of your pastry with the egg wash.
9. Bake for 20-25 minutes or until the crust is golden and the tomatoes are cooked through.
10. Remove and let sit for 5 minutes. Finish with fresh herbs, chives, basil, parsley. Whatever you have available.



11. I like to make this with a base layer of things like hummus, whipped goat cheese or tofu, but it is delicious as a simple tomatoes.

## **Nutrition Information (per ¼ recipe):**

Calories: 367 kcal Fat: 13.4 g Carbs: 55.3 g Protein: 7.4 g Fiber: 2.8 g Sodium: 298 mg

<https://wexnermedical.osu.edu/nutrition-services>

