

Spring Vegetable Tart

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Servings: 8

*1 nine-inch unbaked piecrust
3 scallions (white and light green parts), chopped
2 tablespoons canola oil
1 cup sliced mushrooms
1 box (10 ounce) frozen chopped spinach, thawed and drained
4 eggs
2 cups half-and-half
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup Swiss cheese, shredded*

Preparation Time: 20 minutes

Preheat the oven to 425 degrees.

Fit the crust into a nine-inch pie plate. Bake for 10 minutes or until golden. If the crust bubbles, gently press down with a spoon.

In a medium skillet, cook the scallions in oil for 5 minutes or until soft. Add the mushrooms and cook for 2 minutes. Add the spinach and cook for 2 minutes. Set aside.

In a large bowl, beat the eggs with the half-and-half, salt and pepper. Spoon the spinach mixture into the crust. Sprinkle with the cheese. Pour the egg mixture over the cheese.

Reduce the oven temperature to 325 degrees. Bake for 50 minutes or until a knife inserted into the center of the tart comes out clean.

Start to Finish Time: 1 hour 10 minutes

Per Serving (excluding unknown items): 136 Calories; 10g Fat (64.4% calories from fat); 9g Protein; 3g Carbohydrate; 2g Dietary Fiber; 119mg Cholesterol; 248mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	136	Vitamin B6 (mg):	.1mg
% Calories from Fat:	64.4%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	25.8%	Riboflavin B2 (mg):	.3mg

Total Fat (g): 10g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 119mg
Carbohydrate (g): 3g
Dietary Fiber (g): 2g
Protein (g): 9g
Sodium (mg): 248mg
Potassium (mg): 266mg
Calcium (mg): 214mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 14mg
Vitamin A (i.u.): 4654IU
Vitamin A (r.e.): 512RE

Folacin (mcg): 83mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 136 Calories from Fat: 88

% Daily Values*

Total Fat	10g	15%
	Saturated Fat 4g	18%
Cholesterol	119mg	40%
Sodium	248mg	10%
Total Carbohydrates	3g	1%
	Dietary Fiber 2g	7%
Protein	9g	
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Vitamin A		93%
Vitamin C		24%
Calcium		21%
Iron		10%

* Percent Daily Values are based on a 2000 calorie diet.