## **Caramelized Onion-Chanterelle Tart**

Nancy Vienneau Relish Magazine - October 2013

## Servings: 12

thyme leaves

1 refrigerated pie crust
1 tablespoon Dijon country-style
(coarse-grain) mustard
2 tablespoons butter, divided
2 medium onions, sliced lengthwise
sprigs of fresh thyme
4 ounces chanterelle mushrooms, sliced
lengthwise
2 eggs
1 cup half-and-half
1 cup Gruyere cheese, shredded
1/4 teaspoon sea salt
freshly ground black pepper

Preheat the oven to 350 degrees.

Roll out the pie crust to fit in a twelve-inch tart pan. Place in the pan and press into the sides. Coat the surface with mustard. Bake for 10 minutes. Let cool.

To prepare the filling: Melt one tablespoon of butter in a deep skillet over medium heat. Add the onions and saute' for 15 minutes. Add salt, pepper and thyme leaves. Scrape into a small bowl.

In the same skillet, melt the remaining butter. Add the mushrooms and cook for 10 minutes. Remove from the heat.

Combine the eggs and half-and-half. Beat until well blended.

Sprinkle about half of the cheese on the bottom of the tart shell. Spoon in the onions. Pour in the egg mixture. Place mushrooms all over the top along with the remaining cheese.

Bake for 40 minutes or until the tart is golden brown and the filling is set.

Serve warm or at room temperature.

Per Serving (excluding unknown items): 181 Calories; 10g Fat (50.5% calories from fat); 6g Protein; 17g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 169mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

Side Dishes, Vegetarian

## Day Carring Mutritional Analysis

Calories (kcal): % Calories from Fat:	181 50.5%	Vitamin B6 (mg): Vitamin B12 (mcg):	.1mg .3mcg
% Calories from Carbohydrates:	37.6%	Thiamin B1 (mg): Riboflavin B2 (mg):	trace .2mg
% Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g):	11.9% 10g 5g 2g	Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	24mcg 1mg 0mg
Polyunsaturated Fat (g): Cholesterol (mg):	trace 54mg	Food Exchanges	በ በ%
Carbohydrate (g): Dietary Fiber (g):	17g 1g	Grain (Starch):	1/2 1/2
Protein (g): Sodium (mg):	6g 169mg 193mg	Lean Meat: Vegetable: Fruit:	1 1/2
Potassium (mg): Calcium (mg): Iron (mg):	101mg trace	Non-Fat Milk: Fat:	0 1 1/2
Zinc (mg): Vitamin C (mg):	1mg 1mg	Other Carbohydrates:	0
Vitamin A (i.u.): Vitamin A (r.e.):	223IU 62 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 12

Amount Per Serving			
Calories 181	Calories from Fat: 92		
	% Daily Values*		
Total Fat 10g	16%		
Saturated Fat 5g	26%		
Cholesterol 54mg	18%		
Sodium 169mg	7%		
<b>Total Carbohydrates</b> 17g	6%		
Dietary Fiber 1g	6%		
Protein 6g			
Vitamin A	4%		
Vitamin C	2%		
Calcium	10%		
Iron	2%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.