

# Heirloom Tomato Pie

*Doug Kosch - Traverse City, MI  
Family Circle Magazine - August 2013*

## Servings: 6

*2 1/2 pounds heirloom tomatoes,  
sliced 1/4-inch thick  
1/2 teaspoon salt  
1 refrigerated piecrust  
1/4 cup plain bread crumbs  
8 ounces fresh mozzarella cheese,  
sliced 1/8-inch thick  
1/2 cup fresh basil leaves  
1/4 cup Parmesan cheese, shredded  
freshly cracked pepper  
1 egg (optional), beaten*

## Preparation Time: 15 minutes

## Bake: 45 minutes

Preheat the oven to 375 degrees.

Place the sliced tomatoes in a single layer on paper towels. Sprinkle one side of the tomatoes with 1/4 teaspoon of the salt. Let stand for 10 minutes. Gently pat the salted side of the tomatoes with paper towels to absorb some of the moisture. Flip the tomatoes and sprinkle with the remaining 1/4-teaspoon of the salt.

Meanwhile, fit the piecrust into a nine-inch pie plate. Sprinkle the bread crumbs evenly on the bottom. Place half of the mozzarella over the bread crumbs along with a third of the tomatoes and a third of the basil. Sprinkle with two tablespoons of the Parmesan.

Layer with a third of the tomatoes, a third of the basil and the remaining mozzarella.

Layer with the remaining tomatoes, basil and Parmesan. Season with pepper and, if desired, brush the edges of the crust with the beaten egg.

Bake for 40 to 45 minutes until the crust is browned.

Cool 10 to 15 minutes before slicing.

*The pie will have moisture. For a less wet pie, seed the tomatoes.*

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Per Serving (excluding unknown items): 16 Calories; 1g Fat (58.7% calories from fat); 1g Protein; trace Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 240mg Sodium. Exchanges: 0 Lean Meat; 0 Fat.

Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	16
% Calories from Fat:	58.7%
% Calories from Carbohydrates:	4.6%
% Calories from Protein:	36.7%
Total Fat (g):	1g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	3mg
Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	240mg
Potassium (mg):	10mg
Calcium (mg):	49mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	78IU
Vitamin A (r.e.):	12 1/2RE

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	16	<b>Calories from Fat:</b>	9
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### % Daily Values\*

<b>Total Fat</b>	1g	2%
Saturated Fat	1g	3%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	240mg	10%
<b>Total Carbohydrates</b>	trace	0%
Dietary Fiber	trace	0%
<b>Protein</b>	1g	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	0%
<b>Calcium</b>	5%
<b>Iron</b>	0%

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