

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Lasagna Tart

From www.101cookbooks.com

2 medium zucchini, sliced into very thin coins
scant 1 tsp fine grain sea salt

Tart Crust

2 cups whole wheat pastry flour (or spelt flour)
1 tsp fine grain sea salt
zest of one lemon
¼ cup olive oil
½ cup cold water

Tomato Sauce

3 cloves garlic, minced
2 tbsp extra-virgin olive oil
1 teaspoon red pepper flakes
pinch of salt
1 14-ounce can crushed tomatoes
1 pound ground beef, cooked and drained (optional)

1 ½ cups ricotta cheese

Preheat your oven to 375 degrees, and place a rack in the middle. Oil a 10-inch tart pan and set aside. Start by tossing the sliced zucchini with the salt in a medium bowl. Transfer the zucchini to a colander and let it drain while you make the tart shell and tomato sauce.

To make the tart shell, combine the flour, salt, and lemon zest in a large bowl. Drizzle the olive oil over the flour, and stir that in as well. Drizzle the cold water over the flour and mix with a fork just until it is absorbed. Knead once or twice – just until the dough comes together into a ball. On a lightly floured surface use a rolling pin to roll the dough into a circle roughly 13-inches across. Ease the pastry into your tart pan and press it into the corners and up the sides without stretching the dough. Trim away any excess dough, and place the pan in the refrigerator for at least thirty minutes. When the dough is done resting, prick the crust with a fork a few times. Now line the pastry with parchment paper and fill the tart with pie weights (or dry beans). Bake for 15 minutes. Carefully remove the paper and pie weights, then toast the tart crust in the oven for another 5 minutes or so before transferring it to a rack to cool. Leave the oven on, but dial it down to 350 degrees.

In the meantime, you can make the sauce. Stir the garlic, olive oil, red pepper flakes, and salt together in a small saucepan. Turn the heat to medium-high and cook until the garlic starts to sizzle just a bit. Stir in the crushed tomatoes, bring to a simmer, cook the sauce down a bit, 10 minutes or so, then remove from heat.

When you are ready to assemble the tart, use a spatula to spread half the ricotta cheese in the crust. Then spoon half the sauce over the ricotta and arrange half of the zucchini in a single layer. After spooning the remaining ricotta over the zucchini, push it around a bit with your fingers so that it forms a layer. Arrange another layer of zucchini and finish with the remaining sauce. Place the tart on a rimmed baking sheet and bake for roughly 40 minutes or until cooked through. Remove and let cool 10 minutes before serving.

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