

Tomato Tart



Ingredients

- 12 14-by-18-inch sheets phyllo dough
- 1/4 cup extra-virgin olive oil
- 1 tablespoon dry whole grain breadcrumbs
- 2 tablespoons pesto
- 3/4 cup crumbled feta cheese, (about 4 oz.)
- 1 large red tomato, cut into 1/4-inch slices
- 1 large yellow tomato, cut into 1/4-inch slices
- 1/2 teaspoon kosher salt
- Freshly ground pepper, to taste
- 10-12 small basil leaves

Preparations

1. Preheat oven to 400°F.
Lay one sheet of phyllo on 17-1/2 x 12-1/2 inch pan lined with parchment paper.
2. Lightly coat phyllo surface with oil. Sprinkle with 1/4 teaspoon breadcrumbs.
Repeat with remaining phyllo sheets. Brush the final sheet with oil. Roll each side toward the center to form tart outer rim.
3. Spread pesto on the surface of the tart. Sprinkle about half of the crumbled feta cheese and arrange tomato slices on top; season with salt and pepper. Sprinkle remaining cheese on top and throw on the basil leaves.
4. Bake until the crust is brown, 30 to 35 minutes.

Nutrition Facts

Serving size: 1 slice

Amount Per Serving

Calories 145

Total Fat 9g

Cholesterol 9mg

Sodium 304mg

Total Carbohydrate 12g

Dietary Fiber 1g

Protein 4g

Carbohydrate Serving 1



GLUCOCARD®
The Simple Change™

800-866-1633
www.glucocardusa.com