



Savory Mushroom Tart

8 Servings • 1 Serving = 1 Tartlet

Adapted from *The New Sonoma Cookbook* by Connie Guttersen, RD, PhD

INGREDIENTS

- 3 Tablespoons oat flour
- 3 Tablespoons almond flour
- 2 Tablespoons extra virgin olive oil
- 8 cups mushrooms, cut in quarters
- 2 cloves garlic, minced
- 2 Tablespoons fresh thyme, leaves picked from the stem
- ¼ cup sundried tomatoes, sliced
- 8 sheets phyllo dough (9"x12")
- Olive oil spray, as needed
- 2 eggs beaten
- ½ cup low-fat sour cream
- ½ cup goat cheese

DIRECTIONS

1. Combine the oat and almond flour in a small bowl. Set aside.
2. Heat a sauté pan over medium-high heat and add oil and mushrooms. Sauté 5-10 minutes or until the mushrooms release their moisture and begin to shrink. Cook in batches, if necessary.
3. Cook until the liquid has evaporated, and the mushrooms start to brown. Add garlic and the thyme. Stir in sundried tomatoes. Season with salt and pepper. Remove from heat and let cool.
4. Preheat oven to 400°F. Line a sheet pan with parchment paper. Lay 1 large sheet of Phyllo on the paper (keep the rest of the dough covered with plastic wrap). Spray with olive oil spray and sprinkle lightly with oat and almond flour mixture. Repeat with the remaining sheets of Phyllo, ending with a plain sheet on top. Work quickly so the edges do not dry out. Spray the top sheet with olive oil spray to prevent it from drying out. Roll up 1" of each edge toward the center, forming a rim. The final tart shell should be 7x10".
5. Add the beaten egg and sour cream to the cooled mushrooms. Spread the mushroom mixture evenly over the Phyllo. Top with parmesan cheese and bake for 25-30 minutes, or until the crust is brown and crispy.
6. Cool on wire rack before serving.

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Nutrition Facts

8 servings per container	
Serving size	1 tartlet
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 170mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 91mg	8%
Iron 2mg	10%
Potassium 345mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.