



## Zucchini and Pesto Tart

This beautiful zucchini tart makes for a **satisfying meatless meal**, and looks super impressive! With a decorative shingled top and creamy herbed filling, you know your friends will be asking you for the recipe.

Creating a **delicious healthy tart crust** is no easy feat - but we've done it! This tender crust is gluten-free and packed with nourishing **heart-healthy** fats from almond flour and fiber from coconut flour. Low-fat ricotta cheese and Greek yogurt bring the protein, to naturally reduce your appetite and help with **weight loss**.

Enjoy a slice of this **veggie-packed** tart warm or cold, with a fresh side salad or all on its own.

# ZUCCHINI AND PESTO TART

**Serves 8**

***For the crust:***

1  $\frac{3}{4}$  cups almond flour  
1 tbsp coconut flour  
 $\frac{1}{2}$  tsp garlic powder  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  cup melted butter

***For the filling:***

2 medium zucchinis, thinly sliced crosswise  
8 ounces low fat ricotta cheese  
2 large eggs  
 $\frac{1}{4}$  cup Greek Yogurt  
3 Tablespoons Basil Pesto  
Additional salt and pepper to taste  
 $\frac{1}{4}$  cup shredded parmesan

**Directions:**

1. Preheat oven to 325F/160C and grease a 9-inch ceramic or glass tart pan.
2. In a large bowl, whisk together the almond flour, coconut flour, garlic powder and salt. Stir in butter until dough resembles coarse crumbs. Press firmly into bottom and sides of pan and bake for 15 minutes. Remove and let cool.
3. Layer zucchini in a colander and sprinkle each layer with a little salt. Let sit and drain for 30 minutes. Rinse and layer on tea towels or paper towels and pat dry.
4. In a large bowl, whisk together the ricotta, eggs, Greek yogurt, pesto, salt and pepper. Stir in  $\frac{2}{3}$  of the zucchini slices, reserving the rest for layering on top.
5. Pour mixture into cooled crust. Layer remaining zucchini slices in concentric circles and sprinkle with parmesan cheese. Bake 60 minutes, or until center is no longer wobbly and a tester comes out clean

GF

MP

Q

Prep	Cook
20m	60m