

Harvest Vegetable Tart

Serves 6 to 8

This celebratory tart stars mushrooms, leek, quinoa and two types of winter squash. Delicata squash doesn't need to be peeled, making it a beautiful topper for the tart.



Ingredients:

- 2 tablespoons whole flaxseed, divided
- 1 3/4 cup almond meal
- 1 delicata squash, halved lengthwise, seeded and cut into 1/8-inch slices
- 1 large leek, halved lengthwise and thinly sliced
- 6 ounces mixed mushrooms, trimmed and sliced
- 4 cloves garlic, sliced
- 1 1/2 tablespoon reduced-sodium soy sauce or Bragg's liquid aminos
- 1 1/2 cup cooked quinoa
- 1 1/4 cup butternut squash purée
- 2 tablespoons chopped fresh sage
- 1 tablespoon sherry vinegar
- 1/2 teaspoon ground black pepper
- 2 tablespoons nutritional yeast, divided

Method:

Grind 1 tablespoon of the flaxseed with 1/4 cup water in a spice grinder until fairly smooth. Transfer to a small cup. Repeat with remaining 1 tablespoon flaxseed and another 1/4 cup water. Alternatively, stir 2 tablespoons flaxseed meal into 1/2 cup water.

Preheat the oven to 375°F. Line the bottom of a 10-inch round tart pan with a removable bottom with parchment paper. In a food processor, pulse almond meal and half of the flaxseed mixture until dough begins to pull away from the sides of the bowl. Gather into a ball and flatten into a disk. Press evenly into the bottom and up the sides of the prepared pan. Bake until dried on bottom and barely golden on top edge, about 12 minutes. Cool completely on a rack.

Meanwhile, place delicata squash in a single layer on a parchment-paper-lined baking sheet. Bake alongside crust until soft and browned on the edges, about 15 minutes.

Combine leek, mushrooms and 2 tablespoons water in a large skillet over medium heat. Cook, stirring frequently, until browned and softened, about 12 minutes. Stir in garlic and soy sauce, and cook for 1 minute.

Transfer to a medium bowl. Stir in quinoa, butternut squash purée, sage, vinegar, pepper, 1 tablespoon of the yeast and remaining flaxseed mixture. Scrape into tart crust and level top. Sprinkle with remaining 1 tablespoon yeast. Arrange squash slices on top, pressing them lightly into filling. Bake until browned and set, about 45 minutes. Cool for 15 minutes before serving.

Nutritional Info:

Per Serving: 280 calories (150 from fat), 16g total fat, 1g saturated fat, 105mg sodium, 28g carbohydrates, (7g dietary fiber, 5g sugar), 11g protein.

Special Diets:

- [Dairy Free](#)
- [High Fiber](#)
- [Vegan](#)
- [Vegetarian](#)

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information.