

Swiss Chard Tart
submitted by Teresa Wilts

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1 1/2 | cups | flour, all-purpose |
| 1/4 | teaspoon | salt |
| 1/2 | cup | butter -- cold, cubed |
| 1 | | egg yolk |
| 1 | teaspoon | lemon juice or vinegar |
| | | ice water |
| 1 | pound | Swiss chard |
| 2 | tablespoons | butter |
| 1 1/2 | cups | green onions -- thinly sliced |
| 1/4 | cup | fresh mint -- chopped |
| 1/4 | teaspoon | salt |
| 1/4 | teaspoon | pepper |
| 4 | | whole eggs |
| 3/4 | cup | mascarpone cheese |
| 1/2 | cup | 10% cream |
| 3 | ounces | feta cheese -- crumbled |

Pastry: In food processor, mix flour with salt. Add butter and pulse a few times until mixture is in fine crumbs with a few larger pieces.

In liquid measuring cup, combine egg yolk with lemon juice; mix in enough ice water to make 1/3 cup. Drizzle over dry ingredients, pulse until ragged dough forms. Press into disc, wrap in plastic wrap and chill about 30 minutes. (Make ahead: refrigerate up to 3 days.)

On lightly floured surface, roll out pastry to 1/8 inch thickness; fit into 9 inch pie plate. Trim edge to 3/4 inch overhang; fold overhang under and flute edge. Prick shell all over. Line with foil; fill with pie weights or dried beans. Bake in bottom third of 400F oven for 15 minutes. Remove weights and foil; bake until evenly golden, 5-10 minutes longer.

Cut off Swiss chard stems; discard stems. In large pot of boiling salted water, cook leaves until tender, about 2 minutes. Drain and chill in cold water; drain again and squeeze dry. Chop leaves and set aside.

In skillet, melt butter over medium heat; fry green onions until softened,

about 3 minutes. Stir in Swiss chard, mint, salt and pepper. Set aside.

In separate bowl, beat together eggs, mascarpone and cream until smooth; stir in Swiss chard mixture and half of the feta. Pour into pie shell; sprinkle with the remaining feta.

Bake tart in center of 375F oven until filling is set and golden, about 35 minutes. Let cool on rack for 10 minutes before cutting into wedges. (This is great hot or cold.)

NOTES : To make the crust gluten free substitute 1/3 cup chickpea flour, 1/3 cup sweet rice flour, 1/3 cup brown rice flour, 1/4 cup potato starch, 1/4 cup tapioca starch and 3/4 tsp xanthan gum for the all-purpose flour. Use the whole egg, instead of the just the egg yolk. When rolling out the pastry, roll it between two sheets of plastic wrap.

This tart works equally well with kale, spinach or even Malabar spinach.