

ROASTED TOMATO AND CHEESE TART WITH SPRING SALAD

Recipe created on behalf of 3-A-Day of Dairy by Chef Scott Campbell of SQC, New York

Makes 6 servings

Prep time: 20 minutes

Cook time: 25 minutes

Ingredients:

- 3 plum tomatoes
- 1 large red onion, cut into wedges
- 1 tablespoon olive oil, divided
- 1 refrigerated crust for 9-inch pie
- 2 tablespoons plus 1 teaspoon Dijon mustard
- 1 1/2 cups (6 ounces) reduced fat shredded Cheddar, Jack or Mozzarella cheese
- 1 bag (10 ounces) spring salad mix
- 1 sprig fresh thyme (or 1/2 teaspoon, dried)
- 2 tablespoons fresh orange juice
- 2 teaspoons balsamic vinegar
- salt and pepper, to taste

Preheat oven to 400 degrees Fahrenheit. Line a baking sheet with parchment paper. Cut ends from tomatoes and slice each tomato into 4 wedges. Place tomato and onion wedges on parchment. Brush with 1 teaspoon of the olive oil. Bake 20 minutes or until edges of onion are lightly browned; set aside. Reduce oven temperature to 375 degrees Fahrenheit.

Unroll pie crust on baking sheet. Spread mustard over crust. Sprinkle cheese over mustard, allowing 1-inch border around crust without cheese. Remove about 1/2 of the onion wedges from baking sheet and set aside. Arrange remaining onion and roasted tomato over cheese. Fold 1-inch border up over tart edge. Bake for 25 minutes or until pastry crust is browned and cheese is melted. Sprinkle tart with thyme leaves and allow to cool at least 10 minutes before cutting.

Whisk together remaining 2 teaspoons olive oil, 1 teaspoon mustard, orange juice, vinegar and salt and pepper in a small bowl. Toss dressing with salad mix and remaining onion. Cut tart into wedges and serve with salad.

Yield: 1/6 of tart plus about 3/4 cups of salad and 1/2 tablespoon of dressing, per serving

Nutritional Facts per serving for main dish recipe:

Calories	250
Total Fat	15 g
Saturated Fat	5 g
Cholesterol	20 mg

Sodium	470 mg
Calcium	25% Daily Value

Protein	9 g
Carbohydrates	18 g
Dietary Fiber	2 g

