

## Asparagus Tart

Serves 4

Submitted by Jeanne Gregg

### Ingredients:

- 1 rolled dough pie crust, chilled
- salted butter, for greasing
- all purpose flour, for dusting
- 1 bunch thin asparagus spears
- 1 (10 oz) package fresh spinach leaves
- 3 extra large eggs (or 3 large + 3/4 oz egg whites), beaten
- 1/2 cup heavy cream
- 1 garlic clove, crushed
- 10 small cherry tomatoes, halved
- handful of chopped fresh basil
- 1/4 cup grated Parmesan cheese
- salt and pepper

### Directions:

1. Preheat the oven to 375 F. Remove the dough pie crust from the refrigerator at least 15 minutes before use, otherwise it may be brittle and difficult to handle. Grease a 9" tart pan with butter, then roll out the dough on a lightly floured surface and line the pan with it. Cut off any excess and prick the bottom with a fork. Cover with a piece of parchment paper, fill with pie weights or dried beans, and bake in the preheated oven for 20-30 minutes, or until lightly browned. Take out of the oven, remove the paper and weights, and let cool slightly. Reduce the oven temperature to 350 F.



2. Meanwhile, bend the asparagus spears until they snap and discard the tough, woody ends. Bring a large saucepan of water to a boil, add the asparagus, and blanch for 1 minute, then remove and drain. Add the spinach to the boiling water, then remove immediately and drain very well.
3. Mix together the eggs, cream, and garlic in a small bowl, and season with salt and pepper. Spread the spinach over the bottom of the pastry shell, add the asparagus and tomatoes, cut side up, sprinkle with the basil, then pour the egg mixture on top. Transfer to the preheated oven and bake for 35 minutes or until the filling has just set. Sprinkle the Parmesan cheese on top and let cool to room temperature or serve immediately.