

Summer Vegetable Tart

Makes 8, one slice servings

Ingredients:

1 sheet of frozen puff pastry
½ cup of prepared pesto sauce
2 medium yellow squashes, sliced
2 medium zucchinis, sliced
4 tomatoes, sliced
¼ cup feta cheese
Black pepper to taste

Instructions:

Preheat oven to 400 degrees.

Step 1

Place sliced squash, zucchinis and tomatoes in a single layer on a plate or pan, then covered with paper towels and let set for 15-20 minutes.

Step 2

On a cookie sheet place parchment and lay puff pastry over parchment. Make a cut 1" from the edge with a knife being careful to not cut the pastry all the way through.

Step 3

Spread the pesto over the center of the pastry. Layer the squash, zucchinis and tomatoes over the pesto in a single layer. Sprinkle with the feta cheese and black pepper.

Step 4

Place in oven and bake for 30 minutes, or until crust is golden brown.

Nutritional information per serving: calories 321, carbohydrates 19 g; total fat 23 g; protein 4 grams; sodium 275 mg