

# SPRING VEGETABLE TART

SERVES: 12 | SERVING SIZE: 1 slice | PREP: 15 minutes | READY: 35 minutes

## INGREDIENTS

- Vegetable oil cooking spray
- 1 tablespoon cornmeal
- 1 tube (8 ounce) crescent dough sheet (such as Pillsbury crescent dough sheet)
- 2 tablespoons balsamic vinegar or white balsamic vinegar
- 2 tablespoons olive oil
- 1 teaspoon granulated sugar
- 1 teaspoon dried oregano
- 1 clove garlic, minced
- 1/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 6 to 8 fresh asparagus spears, cut in half lengthwise
- 1/2 cup fresh snow peas, cut in half
- 1/3 cup thinly sliced red onion
- 1/4 cup grated parmesan cheese



## DIRECTIONS

Preheat oven to 375 degrees. Coat a large sheet pan with cooking spray and evenly sprinkle with cornmeal. Unroll crescent dough sheet onto prepared sheet pan and shape into a 14-by-8-inch rectangle.

In a small bowl, whisk together vinegar, oil, sugar, oregano, garlic, salt, and pepper. Using a basting brush, lightly brush top of crescent dough sheet with about one-third of the vinegar and oil mixture. Bake 5 minutes in preheated oven.

Remove from oven and allow crust to cool slightly, 2 to 3 minutes. Arrange halved asparagus spears, snow peas, and onion on top of crust. Brush vegetables with remaining vinegar and oil mixture. Sprinkle top of tart with parmesan cheese and bake an additional 15 minutes or until crust is golden brown. Remove from oven and allow tart to cool slightly. Cut into 12 pieces and serve. Cut into 24 pieces if serving as an appetizer.

## NUTRITION INFORMATION PER SERVING

95 calories, 5 g total fat, 1 g saturated fat, 0 g trans fat, 1 mg cholesterol, 202 mg sodium, 11 g total carbohydrate, 0 g dietary fiber, 3 g total sugars, 2 g added sugars, 2 g protein, 0 mcg (0%) vitamin D, 20 mg (2%) calcium, 1 mg (6%) iron, 29 mg (0%) potassium

