

Asparagus & Spring Onion Tart

with Arugula & Mache Salad

This savory, light tart is the perfect celebration of spring, using the first ripe harvests of asparagus and (aptly named) spring onions. You'll make a quick and easy, rich and flaky crust using whole wheat flour and olive oil. A filling of vegetables, farm fresh eggs and a little bit of sweet and slightly salty Gruyere even out this wonderful, festive dish.



Ingredients

- 2 Cloves Garlic
- 2 Ounces Gruyere Cheese
- 2 Spring Onions
- 1 Bunch Parsley
- 1 Ounce Mache
- 1 Lemon
- ½ Bunch Asparagus
- ½ Cup All-Purpose Flour
- ½ Cup Whole Wheat Flour
- 2 Farm Eggs
- 1 Tablespoon Whole Grain Dijon Mustard
- ½ Cup Low-Fat Milk
- 2 Ounces Arugula

Makes 2 Servings
About 700 Calories Per Serving

Instructions



1

Prepare the ingredients:

Preheat the oven to 375°F. Wash and dry the fresh produce. Peel and thinly slice the garlic. Grate the Gruyere cheese. Separate the white bulbs and green tops of the spring onions; cut the bulb into ½-inch slices; thinly slice the green parts on an angle. Trim off and discard the woody stems of the asparagus; cut the asparagus into 2-inch pieces. Pick the parsley off the stems; discard the stems. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the peel to get 2 teaspoons of lemon zest. Quarter the lemon and remove the seeds.



2

Prepare the crust:

In a medium bowl, combine the **whole wheat and all-purpose flours**. Stir in **¼ cup of olive oil** and **¼ cup of cold water**, just until the dough forms a soft ball, being careful not to over-mix. Gently press the dough into the bottom and sides of an oven-safe baking dish and poke a few holes into the dough using a fork. Bake 13 to 15 minutes, or until lightly browned. Remove from oven and set aside, then increase the oven temperature to 425°F.



3

Cook the vegetables:

While the crust is baking, in a large pan, heat 2 teaspoons of olive oil on medium until hot. Add the **garlic, white parts of the onion and asparagus**. Season with salt and pepper and cook, stirring occasionally, 3 to 4 minutes, or until the asparagus is tender and bright green and the onion is slightly softened. Transfer to a plate and let cool.



4

Make the filling:

In a medium bowl, whisk together the **eggs, lemon zest, whole grain Dijon mustard, ½ cup milk** (you will have extra milk), **half the parsley** (roughly chopping or tearing the leaves, if you'd like) and **all but a pinch of the cheese** (save the rest for the tart). Continue whisking until well combined. Season with salt and pepper.



5

Assemble & bake the tart:

Once the vegetables have cooled, add the **cooked spring onions and asparagus** to the **filling** and pour the mixture into the pre-baked crust. Sprinkle the **remaining cheese** on top of the tart and bake 20 to 22 minutes, or until the filling is completely set and the top is browned. (Cooking times may vary depending on the size and depth of your baking dish. The shallower your dish, the faster the baking time will be.) Remove from the oven and let stand for at least 5 minutes before serving.



6

Dress the salad:

Before serving, toss the **arugula, mache and half the green parts of the onions** with a drizzle of olive oil and the **juice of 1 to 2 lemon wedges** (you will have extra lemon wedges); season with salt and pepper to taste. To plate your dish, divide the **tart** between 2 plates and serve with the **dressed salad** on the side. Garnish the tart with the **remaining parsley and green parts of the onion**. Enjoy!