

Caramelized Fennel & Zucchini Tart

with Homemade Tomato Jam & Olive Oil Crust

Forget pizza. This fennel and zucchini tart combines Italian-inspired ingredients with a sweet and sour tomato jam for a sophisticated, savory dish that's healthier and tastier than pizza. A whole-wheat flour and olive oil crust provides a hearty, healthy foundation for fresh vegetables, fragrant herbs and rich Parmesan cheese. Grab a slice!



Ingredients

- 3 Cloves Garlic
- 1 Bunch Thyme
- 1 Fennel Bulb with Fronds
- 1 Zucchini
- ½ Cup All-Purpose Flour
- ½ Cup Whole-Wheat Flour
- 1 14.5-Ounce Can Diced Tomatoes
- 2 Tablespoons Honey
- 2 Tablespoons White Wine Vinegar
- 2 Tablespoons Parmesan Cheese

Makes 2 Servings
About 675 Calories Per Serving

Instructions



Prepare the ingredients:

Preheat the oven to 375°F. Peel and slice the garlic. Pick the thyme leaves off of the woody stems. Remove the green fronds from the white fennel bulb, reserving a few for garnish. Roughly chop the fronds to get about 2 tablespoons of chopped fronds. Cut the fennel bulb in half and remove the core. Cut the bulb into about 10 equal wedges. Cut off the round top and bottom of the zucchini. Quarter the zucchini lengthwise, then slice into thin spears.



Make the tomato jam:

In a medium pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic** and cook 30 seconds to 1 minute, or until fragrant, stirring frequently. Stir in the **tomatoes, honey** and **vinegar** and simmer, stirring occasionally, 15 to 20 minutes, or until the mixture is thick and reduced in volume. (Be careful, especially towards the end of cooking, as the sugars in the jam may burn.) Stir in **half of the thyme** and **half of the chopped fennel fronds**; season with salt and pepper to taste.



Prepare the crust:

While the jam is cooking, 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 10 to 12 minutes, or until lightly browned. Remove from oven and set aside, then increase the oven temperature to 425°F.



Cook the vegetables:

While the crust bakes, in a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **fennel bulb** and cook, stirring occasionally, 3 to 5 minutes, or until browned and slightly caramelized. Season with a little salt and pepper and transfer to a plate, then wipe out the pan. Heat 2 teaspoons of olive oil on medium-high until hot. Cook the **zucchini**, stirring occasionally, 2 to 4 minutes, or until slightly browned; season with salt and pepper and transfer to a plate.



Assemble the tart:

Spoon the **tomato jam** into the pre-baked crust, then layer the **cooked zucchini and fennel** over top. Drizzle with olive oil and season with a little salt and pepper. Sprinkle **half of the Parmesan cheese** and **the remaining thyme** over the tart.



Finish the tart:

Bake 8 to 10 minutes, or until the cheese is golden brown and the tomato jam is bubbly. Remove from the oven and let stand for at least 5 minutes. Before serving, garnish with the **remaining fennel fronds** and **remaining Parmesan cheese**. Enjoy!