



Savory pumpkin tart on quinoa crust

INGREDIENTS:

For the quinoa crust:

1 cup of *quinoa*, rinsed
2 cups of *vegetable broth*
Salt & pepper
1 *egg white*
1 *egg*, lightly beaten
2 tablespoons of *melted butter*



For the pumpkin filling:

About 2 cups of fresh *pumpkin*, peeled and cut into chunks
2 *zucchinis* cut into chunks
1 small *onion*, thinly sliced
2 cloves of *garlic*, minced
Salt & pepper
1/2 teaspoon of dried *thyme*
1/4 teaspoon of dried *rosemary*
2 tablespoons of *olive oil*
8 *sage leaves*, minced



METHOD:

- Place the quinoa and broth in a stockpot, bring to a boil, cover and reduce the heat and simmer for 15 minutes. Remove from the heat and give it a good stir and let it cool down.
- Pre-heat the oven to 220°. Place the pumpkin, zucchini, and onion onto a baking sheet. Whisk together the minced garlic, olive oil, salt and pepper and the pour over the vegetables. Finish with the minced sage and bake for 25 minutes, until the vegetables are tender. Remove from the oven and set aside while you make the crust.
- Lower the oven temperature to 180°. Grease a pie plate.
- Place the quinoa, salt, pepper, and egg into a small bowl and mix well to combine.
- Press the quinoa mixture evenly throughout the tart plate. Bake for 25-30 minutes until the crust is set. Remove from the oven.
- Spoon the pie filling into the pie crust and place it in the oven for 10 minutes until everything is warmed through. If you would like to add any cheese, do so before you place it back into the oven.
- Remove, and allow it to cool slightly before serving.

Bon appétit!

