

Caramelized Onion Tart

Sodium Per Serving – 58mg

Serves 8

This deliciously mild onion tart is so versatile—serve it as a first course, side dish, or even a main entrée.

1 unbaked pie shell*

2 tbsp olive oil

2 tbsp unsalted or trans-free margarine

3 large yellow onions, sliced*

1/4 tsp garlic powder

1/8 tsp white pepper*

2 eggs, beaten, or 1/2 cup egg substitute*

1/4 cup lowfat sour cream

1/4 tsp freshly grated or ground nutmeg

1. Preheat oven to 425°F (220°C). Arrange oven rack on lowest position.
 2. Prick crust with a fork; line bottom of shell with aluminum foil. Pour pie weights into the pie shell to hold its shape while baking. Bake in preheated oven for 5 minutes; remove weights. Return to oven and bake for 5 minutes more; remove shell from oven and let cool slightly. NOTE: If using a refrigerated or frozen pie shell, this step is not necessary.
 3. Heat oil and margarine in a large skillet over medium heat; cook onions, stirring frequently, until they begin to brown, about 5 minutes. Decrease heat to medium-low; stir in garlic powder and pepper. Cook, stirring occasionally, until onions are dark brown and caramelized, 20 to 30 minutes; remove from heat and let cool slightly.
 4. Add eggs and sour cream to onions, mixing well; pour into prepared pie crust. and sprinkle nutmeg over the top. Bake in a preheated oven until filling is set, 35 to 40 minutes; let stand for 5 minutes before removing from oven. Cut into wedges and serve.
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NUTRITIONAL INFO PER SERVING: Calories 346, Fat 21g (Saturated Fat 4g), Cholesterol 73mg, Carbohydrates 32g (Fiber 2g, Sugar 4g), Sodium 98mg

Variation:

Caramelized Onion Tart with Parmesan

This tart is great tasting with or without the Parmesan, but the addition of the cheese kicks this up a notch. Sprinkle 2 tbsp grated Parmesan cheese on top of the tart before baking.

NUTRITIONAL INFO PER SERVING: Calories 352, Fat 21g (Saturated Fat 4g), Cholesterol 74mg, Carbohydrates 33g (Fiber 2g, Sugar 4g), Sodium 123mg

***Recipe Notes**

1. If purchasing a prepared pie shell, look for those with 55mg or less sodium per serving.
2. Yellow onions are preferred, as they have less water than other onions, which allows for better caramelization.
1. White pepper is for aesthetic reasons only, using freshly ground black pepper is okay to use.
2. To keep fat to a minimum, use an egg substitute. Although some brands have no fat, they all have significant amounts of sodium (100mg or more compared to 70mg for a large egg).