

Spaghetti Squash Tart



A Taste of *The Café* AT THE FRICK

Serves: Yields 12 individual tart servings

Prep Time: 45 minutes

Cook Time: 50 minutes

Ingredients

One whole wheat pastry crust with 1 Tablespoon dry sage added in
2.5 cups of roasted spaghetti squash
1.5 cups shredded smoked Gouda
2 Tablespoons of chopped oregano, chives, and Italian parsley
2 pints heavy cream
12 eggs
Salt to taste

Procedure

Place the pastry crust into a half sheet pan or deep cookie pan. Bake in a 350 degree oven for 10 min. Then along the bottom of the crust evenly distribute the roasted squash, followed by the smoked Gouda, and then the herbs. Blend together well the eggs and cream and fill the tart shell to the top with the mixture. Salt the top liberally, and place into a 325 degree oven for 50 minutes, turning often. Remove from the oven, let cool, and cut into individual servings.

Bon Appetit!