



Mushroom & Veggie Tart

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 1 refrigerated pie crust
- 2 ½ tablespoons O&V [Chili Garlic EVOO](#) *
- 1 ½ cups sliced cremini mushrooms or mixed wild mushroom
- 1 ½ cups chopped vegetables (broccoli or sliced squash or chopped asparagus)
- 1 red bell pepper, chopped
- 2 teaspoons O&V [Veggie Rub](#) or [Toscana Dipper](#) *
- 2 eggs, slightly beaten
- 1 ½ cups shredded gruyere cheese
- ½ cup heavy cream or whipping cream
- ¼ cup minced parsley
- Salt and pepper to taste

Preparation

Preheat the oven to 450F. Press the pie crust into the bottom and up the sides of a 9-inch fluted tart pan with a removable bottom. Trim the edges of the crust as needed.

Prick the bottom of the crust all over with a fork and bake for 10-12 minutes until golden brown. Remove and allow to cool

Reduce the temperature of the oven to 375F.

In a large skillet, heat the oil, add the mushrooms and cook for 5-7 minutes until tender and browned. Add the seasoning mix, chopped red bell peppers and the vegetables and continue to sauté till tender (an additional 4-6 minutes).

In a large bowl, slightly beat the eggs, add the cheese, heavy cream, parsley and then transfer the mushroom mixture into the bowl. Mix well and pour into the tart shell.

Bake for 25-30 minutes or until a knife inserted into the center comes out clean. Serve warm with a side salad.

Serves 4 - 6

Active time 30 minutes Total Time: 60 minutes

Notes

* The [Chili Garlic oil](#) adds a nice garlicky slightly spicy undertone, but you can substitute with [Roasted Garlic oil](#) or [Garlic EVOO](#). Alternatively, use an [Unflavored EVOO](#) and add a few cloves of minced garlic when sautéing the mushrooms. I love the taste of either the [Toscana Dipper Spice Blend](#), or the [Veggie Rub](#) and use whichever I have on hand. You can substitute with your own favorite seasoning mix but that will change out the flavor of this dish.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Brunch, Vegetarian, Plant Based, Mushroom Tart, Veggie Tart, Chili Garlic EVOO, Garlic EVOO, Roasted Garlic Oil, Toscana Dipper Spice Blend, Tuscan Dipper Seasoning, Veggie Rub