

Ricotta Spinach Tart

*Alison Ladman - Associated Press
Scripps Treasure Coast Newspapers*

Servings: 6

*1 package prepared pie dough
1 teaspoon olive oil
1 clove garlic, minced
1 package (5 ounce) baby spinach
1 egg
2 cups ricotta cheese
2 tablespoons fresh thyme, chopped
zest of one lemon
1/4 teaspoon Kosher salt
1/4 teaspoon ground black pepper
1/2 cup Asiago cheese, grated*

Preparation Time: 20 minutes

Preheat the oven to 375 degrees.

Coat an eight-inch tart pan with a removable bottom with cooking spray. Press the pie dough into the tart pan, trimming any excess.

In a skillet over medium-high, heat the oil. Add the garlic and cook for 1 minute. Add the spinach and cook until completely soft and most of the liquid has evaporated, 4 to 5 minutes. Transfer the spinach to a fine mesh strainer. Using a spoon or silicone spatula, press the spinach to extract any remaining liquid.

In a medium bowl, beat the egg. Add the ricotta, thyme, lemon zest, salt, pepper and spinach. Stir to combine. Spread the mixture in the prepared tart shell and sprinkle with Asiago cheese. Place on a baking sheet.

Bake for 35 to 40 minutes or until puffed and golden brown. Allow to cool slightly.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 197 Calories; 15g Fat (67.9% calories from fat); 13g Protein; 3g Carbohydrate; trace Dietary Fiber; 85mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal): 197
% Calories from Fat: 67.9%
% Calories from Carbohydrates: 6.3%
% Calories from Protein: 25.7%
Total Fat (g): 15g
Saturated Fat (g): 9g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 85mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): 13g
Sodium (mg): 274mg
Potassium (mg): 105mg
Calcium (mg): 249mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 1mg
Vitamin A (i.u.): 565IU
Vitamin A (r.e.): 161 1/2RE

Vitamin B6 (mg): .1mg
Vitamin B12 (mcg): .4mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): .2mg
Folacin (mcg): 14mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 197 **Calories from Fat:** 134

% Daily Values*

Total Fat 15g 23%
 Saturated Fat 9g 44%
Cholesterol 85mg 28%
Sodium 274mg 11%
Total Carbohydrates 3g 1%
 Dietary Fiber trace 1%
Protein 13g

Vitamin A 11%
Vitamin C 2%
Calcium 25%
Iron 4%

* Percent Daily Values are based on a 2000 calorie diet.