

Spiral Vegetable Tart



INSTRUCTIONS

- Press your pie crust into an 8" tart pan.
- Boil cauliflower until fork tender.
- Let cool and add to food processor with nutritional yeast, miso, lemon zest, garlic, sage, rosemary, pumpkin seeds, salt, and pepper.
- Process until smooth and creamy. Fill your tart about halfway up with the mixture. You may have leftover. Using a mandolin or vegetable peeler, make ribbons of all of your vegetables cut them to be approximately the same size.
- Alternate veggies and create your spiral on top of the filling.
- Brush the veggies with olive oil, sprinkle with salt and pepper, and bake at 375°F for 45 min.

SHOPPING LIST

- pie crust, premade or homemade
- 1/2 cauliflower
- 1/4 cup nutritional yeast
- 2 tbsp. white miso*, optional
- 1 lemon, zested
- 2 cloves garlic, chopped
- 6 leaves fresh sage, chopped
- 1 tsp. fresh rosemary leaves
- 1 cup roasted pumpkin seeds
- 1 tsp. salt 1 tsp. black pepper
- 2 medium eggplant (or 3 small)
- 2 lg. sweet potatoes (or 3 small)
- 2 lg. zucchini (or 3 small)
- 3 lg. carrots (or 4 medium)
- 1 lg. butternut squasholive oil salt and pepper