

Roasted Vegetable Tart

6-8 cups mixed vegetables for roasting, cut into chunks e.g. potato, kumara, onion, eggplant, peppers, parsnips, mushrooms, yams etc.

2 tspn minced garlic

1 tspn chopped fresh rosemary or thyme plus some sprigs of both for topping

1 Tbsp olive oil

2 Tbsp pesto or tomato paste

100g grated mozzarella or edam cheese

Seasonings to taste

Dough

2 cups white self raising flour

1 cup wholemeal flour

2 tspn baking powder

40g polyunsaturated margarine

½ cup yoghurt

enough water to form a soft dough

Heat oven to 200C. Place vegetables in a single layer in a baking dish, scatter the garlic, herbs and olive oil over top and stir through. Season to taste if desired. Roast the vegetables for 30 – 45 minutes or until they have softened and browned; leave to cool. Meanwhile, prepare the dough.

Dough

Place flour and baking powder in a bowl, add margarine and rub into the flour until it resembles breadcrumbs. Stir in yoghurt and enough water to form a soft dough. Knead lightly then roll out to form a large circle approximately 30cm in diameter.

Spread dough with pesto or tomato paste then place cooled vegetable mixture on top, leaving a 3 – 4 cm clear rim on edge of the dough. Top with grated cheese. Fold rim area over to form an edge to the tart, brush with a little milk, return to the oven and cook for about 10 minutes or until dough is cooked and golden and cheese has melted. Serves 6.

Health Habits:

- Using a scone dough rather than a pastry (much less fat) and using a polyunsaturated margarine instead of butter as the fat
- Having a variety of vegetables – ensures variety of nutrients
- Using an edam or mozzarella cheese instead of cheddar (less fat)