

# Walnut-Crusted Tomato Tart

May I just say how delighted I am to have mastered a gluten-free, vegan tomato tart this summer? Picture-perfect, savory and seasonal tarts are a mainstay in French cuisine, and they typically involve large quantities of butter, cream, eggs and wheat flour. Thanks to Niki of Rebel Recipes, I have been inspired and succeeded in mastering a tart I could eat. And it was delicious. So many possible variations to try next! That includes zucchini, aubergine, spinach and artichokes, to name just a few.

## Ingredients

### Tart crust:

- 2 tbsp ground flaxseed
- 4 tbsp water
- 1/2 cups ground walnut meal
- 1 1/2 cups flour (I used a blend of oat and buckwheat)
- 3/4 tsp sea salt
- 1 1/2 tbsp coconut or olive oil
- 3 tbsp plant-based milk

### Filling:

- 1 cup soaked cashews (soak for 1 hour in hot water)
- $\frac{1}{4}$  cup water
- 3 tbsp nutritional yeast
- 2 tbsp lemon juice
- 1 tbsp Herbes de Provence
- 1 tbs. Dijon mustard
- 4 small cherry tomatoes, or 1 medium tomato halved and seeded, set to drain on paper towels
- 1/2 can organic chickpeas drained
- 1 tsp sea salt

### Toppings:

- Small colorful heirloom tomatoes, cut in half seeded, set to drain on paper towels
- Drizzle olive oil
- Sprinkle sea salt
- Herbes de Provence

## Directions

1. Preheat oven to 350 degrees F.
2. Make a flax egg by mixing the ground flax and water in a bowl. Set aside to thicken.
3. Pour walnut meal into bowl. Add flax egg, oil and almond milk. Mix well, using hands to combine ingredients and form a ball.
4. Grease a round, loose bottom pie pan with oil.
5. Using your fingers, press crust dough into the bottom and up the side of the pan. Poke a few holes with a fork across the bottom.
6. Bake for 10 minutes. Remove and set aside to cool while preparing the filling.
7. Place all ingredients for the filling in a high speed blender or food processor. Blend until smooth.
8. Spoon filling mix into crust. Level out with a spoon and place tomatoes, pressing in slightly.
9. Drizzle with a little olive oil, herbs and sprinkle of sea salt
10. Return to the oven and bake for 25-30 minutes (until the base is crispy and the tomatoes are cooked and caramelized).
11. Allow to cool before removing the pan.
12. Tart is best served at room temperature and keeps well for up to 24 hours.

Enjoy!