

## COMMENTS:

**1** If purchasing a prepared pie shell, look for those with 55mg or less sodium per serving.

**2** To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 88mg (113mg if using a store-bought shell).

**3** Yellow onions are preferred, as they have less water than other onions, which allows for better caramelization. For additional info on caramelizing, see COOKING TIP, page 41.

**4** White pepper is for aesthetic reasons only, using freshly ground black pepper is okay to use.

**5** See Eggs and Egg Substitutes, page 38, for a comparison of fat and sodium in eggs and egg substitutes.

## CARAMELIZED ONION TART

Sodium Per Serving – 58mg

Serves 8

*This deliciously mild onion tart is so versatile—serve it as a first course, side dish, or even a main entrée.*

**1 BASIC PIE CRUST** (page 229) or unbaked pie shell<sup>1</sup>

**2 tablespoons olive oil**

**2 tablespoons unsalted or trans-free margarine**<sup>2</sup>

**3 large yellow onions, sliced**<sup>3</sup>

**¼ teaspoon garlic powder**

**⅛ teaspoon white pepper**<sup>4</sup>

**2 eggs, beaten, or ½ cup egg substitute**<sup>5</sup>

**¼ cup lowfat sour cream**

**¼ teaspoon freshly grated or ground nutmeg**

- ▶ Preheat oven to 425°F (220°C). Arrange oven rack on lowest position.
- ▶ Prick crust with a fork; line bottom of shell with aluminum foil. Pour pie weights into the pie shell to hold its shape while baking (*for info on pie weights, see COOKING TIP, page 247*). Bake in preheated oven for 5 minutes; remove weights. Return to oven and bake for 5 minutes more; remove shell from oven and let cool slightly. *NOTE: If using a refrigerated or frozen pie shell, this step is not necessary.*
- ▶ Heat oil and margarine in a large skillet over medium heat; cook onions, stirring frequently, until they begin to brown, about 5 minutes. Decrease heat to medium-low; stir in garlic powder and pepper. Cook, stirring occasionally, until onions are dark brown and caramelized, 20 to 30 minutes; remove from heat and let cool slightly.
- ▶ Add eggs and sour cream to onions, mixing well; pour into prepared pie crust and sprinkle nutmeg over the top. Bake in a preheated oven until filling is set, 35 to 40 minutes; let stand for 5 minutes before removing from oven. Cut into wedges and serve.

*NUTRITIONAL INFO PER SERVING: Calories 346, Fat 21g (Saturated Fat 4g), Cholesterol 73mg, Carbohydrates 32g (Fiber 2g, Sugar 4g), Sodium 58mg (98mg with store-bought shell)*

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

- 1 BASIC PIE CRUST - 159mg or store-bought - 400mg
- 3 yellow onions - 3mg
- 2 eggs - 140mg or ½ c egg substitute - 200mg
- ¼ LF sour cream - 34mg

#### Fat (Sat Fat):

- 1 BASIC PIE CRUST - 66mg (12mg) or store-bought - 56mg (16mg)
- 2 T olive oil - 28mg (4mg)
- 2 T NSA margarine - 16mg (3mg) or NSA butter - 24mg (16mg)
- 2 eggs - 10mg (3mg) or ½ c egg substitute - 0mg
- ¼ LF sour cream - 7mg (4mg)

### VARIATION

#### CARAMELIZED ONION TART WITH PARMESAN

This tart is great tasting with or without the Parmesan, but the addition of the cheese kicks this up a notch. Sprinkle 2 tablespoons grated Parmesan cheese on top of the tart before baking.

*NUTRITIONAL INFO PER SERVING: Calories 352, Fat 21g (Saturated Fat 4g), Cholesterol 74mg, Carbohydrates 33g (Fiber 2g, Sugar 4g), Sodium 83mg (123mg with store-bought shell)*