

Brown Rice Broccoli Tart



Serves: 4



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

Brown Rice Crust

2 cups cooked brown rice
2/3 cup grated cheddar cheese
1 egg

Broccoli filling

medium red onion, sliced
1 head of broccoli
2 tablespoons olive oil
salt
pepper
3 eggs
1/3 cup milk
1/4 cup grated Parmesan cheese

PREPARATION

Brown Rice Crust

1. Grease a shallow tart pan (1.5 inches deep, 10 inches in diameter). Preheat oven to 400 F / 200 C.
2. In a medium bowl, mix rice, egg, and cheese.

3. With clean wet hands, press rice mixture into prepared tart shell, spreading evenly along the bottom and up the sides.

4. Bake crust for 15 min. Remove from oven and set aside to cool.

Broccoli filling

1. Heat oil in a large skillet over medium heat. Sauté onions until softened and slightly brown.

2. Chop broccoli into bite sized pieces. Toss in skillet with onions. Season with salt and pepper to taste.

3. Add broccoli mixture into cooled tart shell, distributing evenly.

4. In a small bowl, whisk eggs and milk together. Pour egg custard over broccoli mixture. Sprinkle tart with Parmesan cheese.

5. Bake at 400 F / 200 C for 20 – 30 min, until cheese has browned, and egg custard has set. Cool slightly before serving.