

Asparagus, Egg & Cheese Tart

Prep Time: 10 min

Cook Time: 25 min

Servings: 6



Turn left-over asparagus into this easy to make egg tart. This recipe combines the buttery sweet flavor of asparagus with a tart and tangy herbed goat cheese. More eggs and less milk separates this recipe from a custardy quiche; while the crust means it is not an egg frittata. Simply put an egg tart has the crust of a quiche with the texture of a frittata. For a heartier meal pair with soup, salad or both.

Ingredients

- 10 spears asparagus, cooked
- 6-8 eggs
- 1/2 cup milk
- 4 ounces herbed goat cheese or your favorite cheese
- 1 pie crust, ready made
- salt & pepper, to taste

Steps

1. Left-over cooked asparagus is perfect for this dish. If none is available, prepare asparagus using our recipe for Simple Sautéed Asparagus, let cool.
2. Pre-heat oven to 350°F.
3. Line a square baking pan (8X8) with parchment paper and then fit with a single pre-made refrigerated pie crust (a round shallow pie crust in a tin may be substituted).
4. Crack eggs into a large bowl, mix with fork. Add milk and season with salt and pepper, mix again. Chop 3 stalks of asparagus and combine with egg mixture.
5. Carefully pour egg mixture into prepared baking pan, do not overflow edge of crust.
6. Using your hands, evenly dot goat cheese over egg mixture. Arrange remaining 7 spears of asparagus over top.
7. Carefully move the tart from the counter to pre-heated oven. Bake for 20-25 minutes until crust is golden brown and egg mixture is just set.
8. Let rest for a few minutes, carefully remove by tilting baking dish and tugging parchment paper to slide onto cutting board. Cut into 6 pieces and enjoy.