

Colorful Root Vegetable Tart

A vibrant and flavorful tart featuring beets and carrots, suitable for those with lactose intolerance.


60 min

Total time

Intermediate

Difficulty

350

kcal / serving

Ingredients

- For the crust:
- 1 cup all-purpose flour
- 1/2 cup cold butter, cubed
- 1/4 tsp salt
- 2-3 tbsp ice water
- For the filling:
- 1 small beet, peeled and thinly sliced
- 1 small carrot, peeled and thinly sliced
- 1/2 red onion, thinly sliced
- 1/2 cup lactose-free milk
- 2 eggs
- Salt and pepper to taste
- Fresh herbs for garnish

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 In a food processor, combine flour, butter, and salt until crumbly. Gradually add ice water until the dough comes together. Press into a tart pan.
- 3 Arrange beet, carrot, and onion slices in the crust.
- 4 In a bowl, whisk together milk, eggs, salt, and pepper. Pour over the vegetables.
- 5 Bake for 30-35 minutes until set and golden.
- 6 Let cool slightly, garnish with fresh herbs, slice, and serve.