

Cauliflower and Caramelized Onion Tart

Yield: 8 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-onion-tart-recipe>

Ingredients:

- 1 head cauliflower about 1 pound or 1 pound of a larger head of cauliflower, cut into 1-inch flowerets, Romanesco cauliflower, especia...
- 3 1/2 tablespoons olive oil
- 1 tablespoon truffle oil optional
- 3 pinches truffle salt optional
- 1 refrigerated pie crust or a homemade tart shell, recipe below
- 1 onion large, halved lengthwise and thinly sliced
- 1 tablespoon Dijon mustard
- 2 large eggs
- 1 mascarpone cheese 7- to 8- ounce container, see Note below for suggested substitutions
- 1/2 cup whipping cream although any low- or full-fat milk or light cream will work as well
- 1/4 teaspoon black pepper or ground white
- 1 pinch ground nutmeg
- 1 cup grated Gruyère cheese Swiss or Comté are great swaps
- 1/3 cup Parmesan cheese
- 1 1/4 cups flour
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 6 tablespoons butter diced
- 1 egg

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 150 milligrams
4. Fat: 40 grams
5. Fiber: 3 grams

6. Protein: 15 grams
 7. SaturatedFat: 19 grams
 8. Sodium: 620 milligrams
 9. Sugar: 3 grams
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