

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Tomato Basil Tart

2-1/2 ounces (70 g) Ontario chevre, room temperature
3 tablespoons (45 mL) fresh garden pesto
1 recipe essential savoury tart shell, page 297
about 48 red and/or yellow cherry tomatoes
Ontario salt
basil leaves for garnish, shredded

Mix the goat cheese and pesto together. Season and spread it on the bottom of the cooled tart. Fit a circle of cherry tomatoes around the outside of the tart. Continue to fill the tart with cherry tomatoes, alternating colours if possible, until the entire tart is filled with cherry tomatoes.

Bake for an additional 25 minutes or until filling bubbles. Remove from oven and allow to cool. Garnish with fresh shredded basil. Makes 1 tart.



Recipe courtesy of Lynn Ogryzlo, author of *The Ontario Table*
Photograph courtesy of food photographer, Jon Ogryzlo

Episode 21: Talking about local food with Tiffany Mayer

Email Lynn with questions or comments at
lynnogryzlo@gmail.com

Local food is all about the unbroken arc from garden to table that includes growing, harvesting, preparing, eating, and sharing foods from local soils.

Because What You Eat Matters!