

# Pumpkin and Fetta Tart



Makes 1 tart, 320cals with wholegrain flat bread  
282 cals with mountain rice flat bread

- 1 wholegrain flat bread (I used ALDI wholegrain flat bread)
- 1 cup of diced pumpkin, cooked
- 1 egg
- 1 tablespoon of finely diced onion
- ½ to 1 teaspoon of garlic and herb salt (Masterfoods brand)
- 20gm low fat Danish feta cheese
- 1 teaspoon of pine nuts

Dice pumpkin in 1.5cm cubes and either steam or bake (baking will give a more intense flavour but steaming is much quicker)

Mash 2/3 of the pumpkin and let cool.

Preheat oven to 200°C

Whisk egg lightly.

Add egg, all the pumpkin, seasoning, pine nuts and feta (crumbled) and gently stir together

Spray a ramekin or deep muffin pan with Extra virgin Olive oil spray.

Wet the flat bread with a bit of water to soften and place in the muffin form.

Fill with the pumpkin mix.

Bake at 200°C for approx. 20 mins (skewer should come out clean, with no “egg” like mix on it.)

Serve hot with steamed vegies or cold with a nice green salad.

(if using mountain flat bread, cut bread into quarters and line 2 medium muffin cases or 2 medium ramekins with 2 slices of the bread layered in each.)