

CRUSTLESS LOW-CARB ZUCCHINI TARTS

(slightly modified from Kalyn's Kitchen)

4 oz. feta cheese, crumbled and softened
3 small zucchini, julienned or cut with spiral cutter
1 tablespoon olive oil
1/2 tsp. Herbes de Provence
1/4 teaspoon Aleppo pepper (or red pepper flakes)
salt and fresh-ground black pepper to taste
1/4 cup coconut milk (or heavy cream)
8 eggs, well beaten
6 T coarsely grated sharp white cheddar
1/4 cup sliced green onions, plus more for garnish if desired

Heat the oven to 375F/190C. Crumble 4 oz. of feta cheese into a large glass measuring cup or a bowl and let it come to room temperature. Heat olive oil in a non-stick frying pan, add the zucchini, sprinkle with Herbes de Provence, Aleppo pepper, a little salt and black pepper to taste. Cook the zucchini a few minutes over medium-high heat, just until it's barely starting to soften.

Spray the tart pan with olive oil and divide the cooked zucchini among the tart wells. Top with a generous tablespoon of coarsely grated sharp cheddar and a pinch of green onions. Then use a fork to stir the now-softened goat cheese and add the coconut milk (or heavy cream) and whisk well. Beat eggs in another bowl and add to the goat cheese/milk mixture a little at a time, stirring until fully blended.

Fill each tart well with the feta-cheese and egg mixture, being careful not to fill too full. Bake about 30 minutes, or until tarts are firm and lightly browned. Serve hot.