

Rustic Kale Sundried Tomato Galette

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

CRUST

- 1½ cups almond flour
- ½ cup tapioca flour (I used Bob's Red Mill)
- 1 tbsp dried rosemary
- ½ teaspoon salt
- 6 tbsp cold butter
- 2 medium eggs
- 1/4 tsp coarse sea salt

FILLING

- 1/4 of a small red onion, thinly sliced
- 8 slices zucchini
- 4-5 dino kale leaves, torn from stem and cut into bite size pieces
- 1 tbsp extra-virgin olive oil
- 6 sundried tomatoes in oil, chopped
- 1/4 cup feta cheese

Instructions:

1. Preheat oven to 375 F.
2. The easiest way to make the dough for the crust is to use a food processor using the "S" blade. Add to the food processor, the almond flour, tapioca flour, dried rosemary, salt and butter. Pulse until it's the texture of coarse meal.
3. Add 1 egg and pulse again until dough comes together. Make sure you don't blend it constantly (just quick pulses) because the dough will get too warm and the oils will seep out of the almond flour. Roll the dough into a ball and then flatten to a disc and wrap it up. Refrigerate for at least 1 hour.
4. Prepare the filling. In a pan on the stove, heat oil to medium and add onions. Saute for a few minutes and then add zucchini. Saute until onions and zucchini are soft. Add kale and saute for a couple of minutes. Set aside with sun dried tomatoes.
5. Remove the dough from the fridge and sprinkle flour on to rolling pin so it doesn't stick. Roll out dough on to parchment paper to about 10 inches in diameter. It doesn't have to be perfect, it's a rustic!
6. Place filling on to dough, sprinkle with feta cheese and fold sides in. I left about 2-2.5 inches from the side without filling.
7. If the dough cracks as you fold it in, don't worry about it. Just seal the crack with your fingers by pressing on the dough. Remember it's rustic, and doesn't have to look perfect.
8. Whisk the second egg and brush egg on to dough. This helps it brown nicely. Sprinkle with sea salt.

9. Bake for 35 minutes. Enjoy immediately!

Notes:

Serves 4.