

LOVE STARTS IN THE KITCHEN!™

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RITA ON THE WEB!

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FRESH TOMATO BASIL TART

I love this recipe! Some folks like to squeeze out part of the juice and seed the tomatoes. My readers and students have made tiny tomato tarts from this recipe. Another reader said he used the recipe as a topping (minus the crust) for pizza!

- 1 pie crust
- 1 tablespoon flour
- 8 oz Mozzarella, Monterey Jack or combo of both
- Salt and pepper to taste
- 1/2 to 1 cup mayonnaise, regular or light (start out with 1/2 cup; if too thick to spread, add a bit more as needed)
- 3-4 tomatoes, sliced, enough to make a layer
- 1 nice bunch green onions, sliced thin
- Handful of fresh basil, chopped, about 1/4 cup or so, or 2 scant teaspoons dry

Preheat oven to 400. Prick crust and prebake 10 minutes. Dust bottom with flour. Mix cheese, salt and pepper and mayo. Spread thin layer over crust. Lay tomato slices on top. Spread rest of cheese mixture over tomatoes. Sprinkle with green onions and basil. Smooth top, pushing onions and basil into cheese mixture. Bake about 20 minutes or until puffed and golden.

MORE RITA!

Check out my books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends.

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Rita Heikenfeld

RITA'S HERB OF THE WEEK: GINGER!

Dried ginger root may be an ingredient in the pickling spice you buy.

Ginger is considered more of a spice than an herb, but falls under the herb category: "any useful plant". Ginger helps relieve motion sickness, soothe a tummy, helps a migraine and reduces clotting in blood. Ginger is also a potent healer for stiff joints, and this may be due to the inflammation fighting benefits of this plant. Ginger starting to sprout? Just pot it up and soon, you'll see slender green leaves shooting out from the rhizome. Yes, these leaves are edible, but don't really taste gingery. But you can harvest the rhizome/root that forms. Ginger is wonderful in stir fries, teas and desserts.