



Makes 2 tarts
Preparation Time: 35 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 15-oz. cans no-salt-added black beans, rinsed and drained (3 cups)

1 cup brown rice flour

2 tablespoons chopped fresh thyme

2 tablespoons tahini

1 lemon (plus extra wedges for serving, if desired)

1 14- to 16-oz. pkg. firm tofu, drained

¼ cup low-sodium vegetable broth

½ teaspoon freshly ground black pepper

½ teaspoon garlic powder

½ cup chopped fresh parsley

1 clove garlic, minced

½ cup pitted Kalamata olives, sliced

2 bunches spring onions, trimmed to 7 inches with bulbs attached, halved lengthwise

16 oz. asparagus, trimmed, halved lengthwise if large

Spring Onion and Asparagus Tarts with Black Bean Crust

With twice the protein of a standard hamburger and no cholesterol, these hunger-busting asparagus tarts are a healthy option for the whole family. Pureed **black beans** create a hearty, fiber-packed crust, while fresh thyme adds subtle floral notes. Par-bake the crusts, then slather with a lemon-infused tofu cream. After a brief spell in the oven, top with steamed **asparagus**, spring onions, and a zesty homemade gremolata. It's that simple! These scrumptious savory tarts would work well for dinner for two or as an appetizer for a bigger group.

For more inspiration, check out these tasty ideas:

- [Chickpea Flour Pizza Crust \(Gluten-Free\), Plus Topping Ideas](#)
- [Mediterranean Artichoke Pizza](#)
- [Individual Grilled Pesto Pizzas](#)
- [Quick Cornmeal Pizza Crust \(Gluten-Free\)](#)

By Caitlyn Diimig, RD

- 1 Preheat oven to 400°F. Line two baking sheets with parchment paper.
- 2 In a food processor process black beans until a paste forms, adding up to 1 tablespoon water to help beans blend, if needed. Transfer bean paste to a medium bowl.
- 3 Stir rice flour and 4 teaspoons of the thyme into bean paste. Drizzle with tahini. Toss with a fork until mixture resembles coarse sand. Stir in water, 1 tablespoon at a time, until dough forms (about 3 tablespoons total). Divide dough in half. On one prepared baking sheet, press one dough portion into a 10-inch circle about ¼ inch thick. (If necessary, cover dough with a sheet of parchment paper and use a rolling pin to shape dough.) Repeat with remaining dough portion on a second baking sheet.
- 4 Bake crusts on separate oven racks 20 minutes or until starting to brown.
- 5 For filling, remove 6 teaspoons zest and squeeze 1 tablespoon juice from lemon. In a blender or food processor combine 4 teaspoons lemon zest and juice, tofu, broth, the remaining 2 teaspoons thyme, the pepper, and garlic powder. Cover and blend until smooth and spreadable.
- 6 Spread filling evenly over parbaked crusts. Bake 10 minutes or until crusts are crisp and filling is hot.
- 7 For gremolata, in a small bowl stir together parsley, garlic, and the remaining 2 teaspoons lemon zest.
- 8 Place a steamer basket in a large saucepan. Add water to just below basket. Bring to boiling. Steam spring onions and asparagus, covered, 5 minutes or until tender. Arrange spring onions and asparagus on baked tarts. Sprinkle with olives and gremolata. If you like, serve with lemon wedges.

