

French Strawberry Tart

INGREDIENTS

- 1 ¼ c buttermilk baking mix
- ¼ c sugar, divided
- 1 Tbsp grated orange peel
- ½ stick butter, softened
- 1 pt fresh strawberries, cut into halves
- ½ c orange juice
- ¼ c water
- 2 Tbsp sugar
- 1 Tbsp cornstarch
- ½ c heavy whipping cream
- 2 Tbsp sugar

DIRECTIONS

1. Heat oven to 400 degrees F. Mix baking mix, ¼ c sugar and the orange peel. Cut in butter until mixture resembles coarse cornmeal. Press mixture in bottom of ungreased 9" round pan.
2. Bake until light brown, 10 to 12 minutes; cool about 30 minutes.
3. Invert crust on serving plate. Arrange strawberries on crust. Mix orange juice, water, 2 Tbsp sugar and the cornstarch in saucepan.
4. Heat to boiling, stirring constantly. Boil and stir 1 minute; cool completely. Pour orange glaze on strawberries. Refrigerate 1 hour.
5. Beat whipping cream and 2 Tbsp sugar in chilled 1 ½ -quart bowl until stiff. Garnish tart with whipped cream and serve.



HEALTHY SWAPS

- **Lower Fat:** Bake a lower fat pie crust by kneading together $\frac{3}{4}$ c all-purpose flour, $\frac{1}{2}$ tsp salt, $\frac{1}{4}$ tsp baking powder, 2 Tbsp light butter spread & 3 Tbsp milk, then refrigerate 1 hour before baking. Substitute 1 cup fat-free whipped cream for heavy cream. 120 Calories. 1.5g Fat (0g Saturated fat, 0mg Cholesterol.) 150mg Sodium. 25g Carbohydrates (1g Fiber, 17g Total sugar.) 2g Protein.
- **Lower Carbohydrate:** No recommendations as would change the integrity of the dish.
- **Lower Sodium:** Bake a low-sodium pie crust by kneading together $\frac{3}{4}$ c all-purpose flour, 1 Tbsp milk, and $\frac{1}{4}$ c vegetable oil, then refrigerate for 1 hour before baking. 220 Calories. 13g Fat (5g Saturated fat, 15mg Cholesterol.) 5mg Sodium. 26g Carbohydrates (2g Fiber, 16g Total sugar.) 2g Protein.
- **Dairy-free:** Substitute margarine and dairy-free whipped topping. 200 Calories. 7g Fat (3g Saturated fat, 5mg Cholesterol.) 240mg Sodium. 33g Carbohydrates (1g Fiber, 18g Total sugar.) 2g Protein.
- **Gluten-free:** Use gluten-free pie crust. 230 Calories. 12g Fat (7g Saturated fat, 30mg Cholesterol.) 90mg Sodium. 32g Carbohydrates (1g Fiber, 17g Total sugar.) 2g Protein.

Nutrition Facts	Amount/serving		Amount/serving	
		% Daily Value*		% Daily Value*
8 servings per container Serving size 1 Slice (104g) Calories per serving 240	Total Fat 12g	15%	Total Carbohydrate 31g	11%
	Saturated Fat 7g	35%	Dietary Fiber 1g	4%
	Trans Fat 0g		Total Sugars 18g	
	Cholesterol 35mg	12%	Includes 0g Added Sugars	0%
	Sodium 200mg	9%	Protein 2g	4%
	Vitamin D 0.2mcg	0%	Calcium 60mg	4%
	Potassium 119mg	2%	Iron 0.9mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.