

Pecan-Banana Tart

Crust

1¼ cups vanilla-wafer crumbs (40 cookies)
½ cup pecans (2 oz.), toasted
4 tsp. light brown sugar
¼ tsp. salt
4 Tbsp. unsalted butter, melted

Filling and garnish

⅔ cup packed light brown sugar
3 Tbsp. cornstarch
⅛ tsp. salt
3 large eggs
1¾ cups milk
1 Tbsp. unsalted butter
1 tsp. vanilla extract
2 medium bananas (about ¾ pound)
15 to 30 honey-roasted pecans, for garnish



1. Make the crust: Preheat the oven to 375°F. In a food processor, process the cookies, pecans, brown sugar, salt and butter. Press into a 9-inch springform pan, coming ¾ inch up the sides, making thick sidewalls. Bake for 10 minutes to set the crust. Set aside to cool.
2. Make the filling: In a small saucepan, blend the brown sugar, cornstarch and salt. In a bowl, whisk together the eggs and milk. Stir into the brown sugar mixture. Cook over medium heat, whisking constantly, until the mixture thickens, 5 to 6 minutes. Stir in the butter and vanilla. Set aside to cool to room temperature. Place a piece of buttered waxed paper or plastic wrap directly on the surface to keep a skin from forming.
3. Very thinly slice the bananas, and cover the bottom of the tart shell in two layers. Spoon the custard over the bananas and smooth the top. Cover and refrigerate until set, at least 4 hours. Just before serving, release the sides of the springform pan. Arrange as many of the glazed pecans as you'd like on top.

Makes 12 servings

Total time: 40 minutes (plus chilling)

Per serving: 324 calories, 17 g fat, 40 g carbohydrates (1.8 g fiber), 5 g protein, 194 mg sodium