

Crust-less Spinach Pie

Makes: 2 servings

This spinach pie is a great way to add more dark, leafy greens to you day. Enjoy this as a hot main dish or make it ahead and serve it chilled.

Ingredients

- 2 tablespoons** butter
- 2** egg (large)
- 1/2 cup** flour
- 1/2 cup** milk (1%)
- 2** garlic clove (minced, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon** baking powder
- 4 ounces** mozzarella
- 2 cups** spinach (chopped, fresh)

Directions

1. Preheat oven to 350 degrees.
2. Melt butter or margarine in an 8 inch baking pan.
3. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.
4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

Washington State University, Farmers Market Nutrition Program

Nutrition Information

Nutrients	Amount
Calories	310
Total Fat	16 g
Saturated Fat	7 g
Cholesterol	145 mg
Sodium	410 mg
Total Carbohydrate	29 g
Dietary Fiber	1 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available