



Spinach Pie (Crustless)

Makes 8 servings

Ingredients Needed:

- 2 tablespoon butter
- 3 eggs
- 1 cup flour
- 1 cup fat-free (skim) milk
- 1 teaspoon garlic powder
- 1 teaspoon baking powder
- 1-1/2 cups low-fat cheese, shredded
- 4 cups chopped, fresh or frozen spinach (or other greens, such as bok choy, kale, or Swiss chard)

Note:

4 cups of fresh spinach is equivalent to about 1 cup of frozen spinach. Additional cups of spinach or other greens can be added to this recipe.

Directions:

1. Preheat the oven to 350°F.
2. Melt butter in a 9 x 13-inch pan, and spread on the bottom and sides of the pan.

3. Beat eggs well, add flour, milk, garlic powder and baking powder. Stir in cheese and spinach, then add to a 9 x 13-inch pan.
4. Bake for 30–35 minutes until the edges are brown and firm all over.