



SLIM SPANAKOPITA

Advanced Lifestyle

Ingredients

- ½ cup all-purpose flour
- ¼ TSP kosher salt
- ¾ TSP dried oregano
- ½ TSP baking powder
- 3 large eggs
- ½ cup fat-free milk
- ¾ cup crumbled low-fat or fat-free feta cheese
- ¼ preshredded part-skim mozzarella cheese
- ¼ cup minced fresh onion (about ¼ medium onion)
- 2 garlic cloves, minced (about 1 TP)
- 2 (10-ounce) packages frozen chopped spinach, thawed, drained and squeezed dry
- 2 TBS chopped pitted kalamata olives

Instructions

1. Preheat oven to 350°.
2. Coat a 9-inch pie plate with cooking spray; set aside.
3. Combine flour, salt, oregano, and baking powder in a small bowl; set aside.
4. Beat eggs with a whisk until frothy (about 1 minute); add milk, cheeses, onion and garlic. Add spinach and olives, stirring mixture well with a fork. Using a rubber spatula, fold the reserved dry ingredients into the spinach mixture. Transfer to prepared pie dish, and smooth top.
5. Bake at 350° for 45 minutes or until the filling is slightly puffed, lightly browned around the edges, and set in the center. Remove from oven, and cool 5 minutes before serving.

Portion-Per-Serving Information (Yields 6 servings)

1 serving = 1 wedge = 1 PR, 1 V, ½ FT