



VEGETABLE PIE

Basic Lifestyle

Ingredients

1 head cauliflower
1 package frozen chopped spinach
1/8 cup skim milk (liquid or powder)
2 celery stalks
1 green bell pepper
black pepper to taste

Instructions

1. Cook cauliflower in water until very tender. Remove from water and mash.
2. Add the spinach and skim milk. Whip thoroughly.
3. Add celery stalks and green bell pepper.
4. Mound in a casserole. Brown under the broiler.

Portion-Per-Serving Information: (Serves 4)

Serving = 1 cup cooked = 2 V