



## IMPOSSIBLY EASY SPINACH PIE

Intermediate Lifestyle

### Ingredients

- ½ cup sliced green onions
- 2 cloves garlic, finely chopped
- 1 TBS low-fat or fat-free margarine or butter
- 1 package (10 oz.) frozen chopped spinach, thawed and drained
- ½ cup fat-free cottage cheese
- ½ cup Reduced Fat Bisquick
- 1 cup fat-free skim milk
- 5 egg whites
- 1 TSP lemon juice
- 1/4 TSP pepper
- 3 TBS grated fat-free Parmesan cheese
- 1/4 TSP ground nutmeg

### Instructions

1. Heat oven to 350°.
2. Grease 9" pie plate. Cook and stir onions and garlic in margarine in 10" skillet 2 to 3 minutes or until onions are transparent.
3. Stir in spinach. Layer spinach mixture and cottage cheese in pie plate.
4. Stir Bisquick, milk, egg whites, lemon juice and pepper until blended. Pour into pie plate. Sprinkle with Parmesan cheese and nutmeg
5. Bake uncovered 30 to 40 minutes or until knife inserted in center comes out clean. Cool 5 minutes. Sprinkle with additional Parmesan cheese if desired.

Cover and refrigerate any remaining pie.

**Portion-Per-Serving Information** (Yields 6 servings): 1 serving = 1/6 of the pie = 1 V, 1 M, ½ G

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