



ONION PIE

Intermediate Lifestyle

INGREDIENTS

6 to 8 medium onions, thinly sliced
2 TBS canola oil (or 3 TBS butter)
6 large eggs
3/4 cup bread crumbs
1/2 cup grated Parmesan cheese
1/2 cup minced fresh parsley

INSTRUCTIONS

—In a large skillet, saute onions in oil until soft but not browned; drain well. In a large bowl, whisk eggs. Stir in the bread crumbs, cheese, parsley and onions.

—Place in a greased 10-in. pie plate. Bake at 350° until a knife inserted in the center comes out clean, 35-40 minutes.

SERVING INFO: (Yields 8 servings)

1/8 pie slice = 1/2 P, 1 V, 1/4 M

See photo of recipe at [Instagram](#) and [Facebook](#).