



## Crust-less Spinach Pie

Yield: 2 servings

### Ingredients:

- 2 tablespoons butter
- 2 egg (large)
- 1/2 cup flour
- 1/2 cup milk (1%)
- 2 garlic clove (minced, or 1/2 teaspoon garlic powder)
- 1/2 teaspoon baking powder
- 4 ounces mozzarella
- 2 cups spinach (chopped, fresh)



### Directions:

1. Preheat oven to 350 degrees.
2. Melt butter or margarine in an 8 inch baking pan.
3. Beat eggs well. Add flour, milk, garlic and baking powder. Pour into baking pan. Stir in cheese and spinach.
4. Bake for 30-35 minutes or until firm and the cheese is slightly golden brown.

**Nutrition Facts:** Calories, 310; Calories from fat, 140; Total fat, 16g; Saturated fat, 7g; Trans fat 0g; Cholesterol, 145mg; Sodium, 410mg; Total Carbohydrate, 29g; Fiber, 1g; Protein, 13 g; Vit. A, 60%; Vit. C, 10%; Calcium, 35%; Iron, 15%.

Source: <http://recipefinder.nal.usda.gov>



Cornell University  
Cooperative Extension  
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties provides equal program and employment opportunities.