Zucchini Spinach Pie (ME)

Prep Time: 20 minutes
Cook Time: 50 minutes

Yield: 1 Pie, 8 Slices
1 Slice per Serving
185 Calories per Serving

Ingredients

- 2 cups Zucchini, grated
- 1 Cup Baby Spinach, de-stemmed
- 1/2 Yellow Onion, chopped
- 1/2 Cup Whole Wheat Flour
- 1/2 Cup Panko Bread Crumbs
- 1 Cup Asiago Cheese (or other Italian Cheese), grated
- 4 eggs, well beaten
- 2 Tbsp Extra Virgin Olive Oil
- 5 Tbsp Parmesan Cheese, grated and divided
- 2 Tsp Fresh Basil, finely chopped (or substitute 1 Tsp Dry Basil)
- 1 Tsp Baking Powder
- 2 Tsp Freshly Ground Sea Salt
- 1/2 Tsp Freshly Ground Black Pepper
- Olive Oil Cooking Spray (for pan)

Directions

1. Preheat oven to 350 degrees. Spray 10 inch round, glass or metal pie pan with Olive Oil cooking spray to coat.
2. In a large bowl combine all the ingredients, reserving 2 tablespoon of the Parmesan.
3. Spoon the zucchini mixture into prepared pie pan and spread out evenly.
4. Place pan in the oven and bake for 45 to 50 minutes or until golden brown on top.
5. Remove from oven and sprinkle the top with reserved Parmesan. Cool 10 to 15 minutes before slicing. This pie is wonderful warm or cool. Keep in the refrigerator between servings. Enjoy!

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