ITALIAN SPINACH PIE

Gluten Free, Low Carb / Diabetes Friendly, Vegetarian

Serves: 1 wedge

Nutrition (per serving)

Calories: 170	Total Carbohydrate: 10 g
Total Fat: 8 g	Dietary Fiber: 1 g
Saturated Fat: 3.5 g	Protein: 16 g
Sodium: 550 mg	

Ingredients

16oz low-fat cottage cheese

10oz package frozen chopped spinach

1 cup shredded low-fat mozzarella cheese

4 eggs, beaten

1 jar rpasted red peppers, drained and chopped

1/3 cup parmesan cheese

1 tsp dried oregano

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Directions

1. Thaw and drain spinach. (Tip: Be sure to drain as much liquid off as possible. A wire strainer works well. If not well drained, the finished product will be watery.)
2. Pre-heat oven to 350 degrees, and lightly oil a 9-inch pie plate (or spray with non-stick cooking spray).
3. Mix all ingredients.
4. Pour into your greased pie plate.
5. Bake for 40 minutes or until cooked through. Slice into 8 wedges and enjoy!

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