



# Easy Cheesy Spinach Pie

**Servings:** 6 **Serving Size:** 1/6 pie

## Ingredients:

- 1 10-ounce package frozen chopped, spinach (thawed, and squeezed dry)
- 4 ounces reduced-fat cheddar cheese, shredded (1 cup shredded cheese)
- 3 Tablespoons fresh onions, very finely chopped, or to taste
- 1 teaspoon minced garlic (fresh or from jar), or to taste
- 1 cup reduced fat biscuit mix
- 2 cups low-fat or fat-free milk
- 4 large eggs, beaten
- Nonstick cooking spray

## Directions:

1. Preheat oven to 375 degrees, with oven rack in lower position.
2. Spray the bottom of 9-inch pie pan with nonstick spray.
3. Remove as much water as possible from thawed spinach. Wash hands thoroughly and squeeze handfuls of thawed spinach over sink or bowl. Place squeezed spinach into pie pan.
4. In pie pan, break apart clumps of squeezed spinach. Mix shredded cheese, onion, and spinach together with fork until evenly mixed.
5. In medium bowl, gradually combine biscuit mix with low-fat or fat-free milk. Using whisk, mix ½ cup of low-fat or fat-free milk at a time into biscuit mix, so mixture blends evenly.
6. Thoroughly mix beaten eggs into biscuit mixture.
7. Pour biscuit mixture evenly over spinach mixture in pan.
8. Place pie pan in oven on lower rack and bake 35-45 minutes until golden brown and a knife inserted in middle of pie comes out clean. Remove pie from oven. Let pie set 5 minutes. Cut into slices and serve.

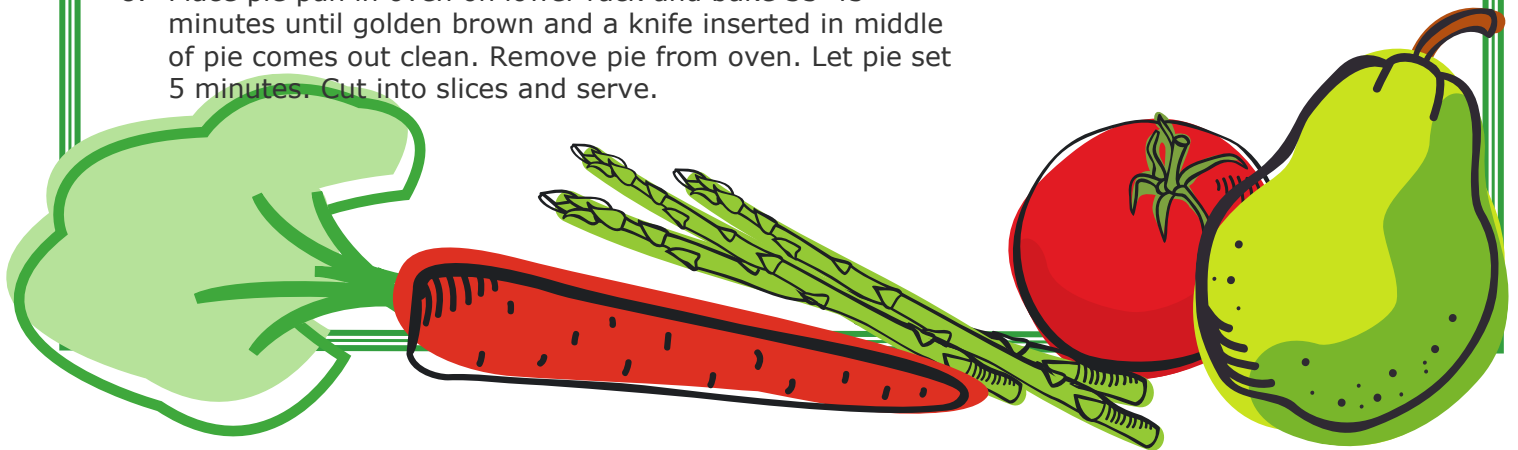
## Nutrition Facts

Serving Size 1/6 pie (201g)  
Servings Per Container 6

Amount Per Serving	
Calories 210    Calories from Fat 70	
	% Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 120mg	<b>40%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein</b> 14g	
Vitamin A 120%	• Vitamin C 4%
Calcium 30%	• Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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