

## No Crust Spinach Pie

Fresh [spinach](#) should be dried and packed loosely in a cellophane or plastic bag and stored in the refrigerator crisper. If stored properly, it should last 3 or 4 days.

### Ingredients:

2 tablespoons butter  
2 large eggs  
1/2 cup flour  
1/2 cup 1% milk  
2 minced garlic cloves or 1/2 teaspoon garlic powder  
1/2 teaspoon baking powder  
4 ounces mozzarella  
2 cups chopped, fresh spinach

### Directions:

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

### Recipe Notes

You can drop a lot of fat and calories by using reduced fat mozzarella cheese and 1/2 cup egg substitute in place of the whole eggs, if desired. Adjust nutrition information accordingly.

Serving Size: 1/2 of recipe

Recipe yields 2 servings of pie.

### Per serving:

- Calories 310
- Total fat 16 grams
- Saturated fat 7 grams
- Trans fat 0 grams
- Cholesterol 165 milligrams
- Sodium 410 milligrams
- Total Carbohydrate 29 grams
- Dietary Fiber 1 gram
- Sugars 11 grams
- Protein 13 grams

Courtesy of [Fitness and Freebies Blog](#)