

S.S. Asparagus Pie

Ingredients:

1 spaghetti squash, halved and seeds removed
2 teaspoons olive oil
½ cup peeled and diced yellow onion
1 bunch asparagus, ends removed, cut into 1-inch pieces
3 garlic cloves, peeled and minced
5 large eggs
1 cup low-fat milk or skim milk
1 cup shredded low-fat cheese
Salt and pepper to taste (to taste)

Directions:

1. **Preheat the oven to 400°F** and grease a 9-inch cake or pie pan. Place the squash, cut side up, on a large baking sheet, and bake for about 50 minutes, or until tender. Set aside to cool slightly.
2. **In a large sauté pan**, heat the olive oil over medium heat. Add the onion and sauté for 3 minutes. Add the asparagus and garlic and sauté for about 5 minutes, or until the asparagus is soft and bright green. Remove from the heat and set aside to cool.
3. **In a large bowl**, whisk together the eggs, milk, cheese, salt, and pepper, then add the cooled onion-asparagus mixture and stir to combine.
4. **Using a fork**, scrape the strands from the spaghetti squash and transfer to the bottom and sides of the greased cake pan, creating an even crust. Press paper towels onto the crust to remove any excess moisture (or you can wring the squash out ahead of time). Pour the egg mixture onto the “crust” and bake for 40 minutes, or until the pie is firm and not wiggly. Enjoy!

Source: The 2015 Healthy Lunchtime Challenge Cookbook

Nutrition Information:

Calories	228 mg	Protein
151	Total Carbohydrate	11 g
Total Fat	10 g	Vitamin D
8 g	Dietary Fiber	1 mcg
Saturated Fat	2 g	Calcium
2 g	Total Sugars	179 mg
Cholesterol	5 g	Iron
160 mg	Added Sugars included	2 mg
Sodium	0 g	Potassium
		30

Source:

<https://whatscooking.fns.usda.gov/recipes/print/10268>