

Luscious No-crust Cheese & Spinach Pie



Ingredients:

3 large eggs	½ cup (125 ml) diced ham (optional)
6 Tbsp (90ml) flour	10 oz (264 g) bag of spinach (well-washed)
500 g container Cottage Cheese	1 cup (250 ml) grated Cheddar or Swiss Cheese

Instructions:

1. In a large bowl, mix eggs, flour, Cottage Cheese and ham together well.
2. Fold in spinach.
3. Spread into a 9-inch (23 cm) pie plate.
4. Sprinkle grated cheese over top.
5. Bake in preheated 350 F (180 C) oven for 45 minutes.
6. Cut into wedges and devour!
7. Serve with whole-grain bread on the side.
8. Serves 4.

Source: <http://www.nutrition2007.ca>

In motion Tip:

A great one-bowl, one-dish no-brainer you can throw together quickly at the end of a busy day.

