

Squash Pie

Ingredients:

Non stick cooking spray
 4 zucchini, or squash
 1 tomato
 1 onion
 4 ounces low-fat cheddar cheese
 1 egg
 1 cup 1% low-fat milk
 1/4 teaspoon pepper

Equipment:

Cutting Board & Knife
 Cheese Shredder
 Measuring spoons
 Measuring cups
 Liquid measuring cup
 Small bowl
 2 quart baking dish

Number of Servings: 4
 Prep Time: 15 minutes
 Total time: 45 minutes

Directions

1. Preheat oven to 400°. Spray 2 quart baking dish with cooking spray. Set aside.
2. Cut off ends and stems of squash and zucchini and throw away. Chop zucchini and squash into small pieces. Place in baking dish.
3. Wash tomato. Slice in half through the core. Use a paring knife to remove tough core. Turn tomato on its side and slice into 1/4 slices. Take half the slices, turn and slice again to get diced tomatoes. Repeat for other half.
4. Cut the ends off of the onion and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side down. Slice across the onion, keeping it together. Turn and slice again to make dice. Add to casserole dish.
5. Use a grater to shred cheese into small pieces. Sprinkle on top of vegetables.
6. Crack egg by tapping it in several places on a hard surface until the shell is broken. Pull apart with your fingers. Pour the egg into bowl and check for freshness. Add milk and pepper to egg and beat with fork until well mixed.
7. Pour egg mixture over vegetables. Bake for 30 minutes until set and golden brown. Let rest for 5 minutes.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter
www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1/4th pie, about 1 cup
 Servings: 4

Amount Per Serving		Calories from Fat 27	
		%Daily Value*	
Total Fat 4g			7%
Saturated Fat 2g			10%
Cholesterol 61mg			21%
Sodium 231mg			10%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			13%
Protein 13g			27%
Vitamin A 22%	Vitamin C 43%		
Iron 8%	Calcium 24%		

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.