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

Directions
1. Preheat oven to 400º. 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.