

Healthy, Hearty Egg Pie

Serves: 4-6



INGREDIENTS:

- 1, 8oz. package fresh mushrooms (button or baby 'bellas), sliced thin
- 1 Vidalia onion, sliced thin
- 1.5 cups diced chicken breast, pre-cooked (this is great use for those leftovers!)
- 1, 10oz. package frozen spinach – thawed and squeezed dry (get as much water out of the thawed spinach as possible).
- 2 cups egg substitute or liquid egg whites
- 1/3 cup low fat buttermilk
- ¼ cup scallions, sliced thin (if you have them, totally optional)
- 1/4 teaspoon pepper (to taste)
- Pinch of red pepper flakes (optional – omit if you don't like heat)
- 1/2 cup parmesan

INSTRUCTIONS

1. Pre-heat oven to 350 degrees.
2. Spray a nonstick skillet with cooking spray and set on medium heat. Slowly sauté mushrooms and onions until soft and tender (do not add salt to mushrooms or they will shrivel up). Add the diced chicken and spinach. Break the spinach up as you add it to the pan so that it doesn't settle in clumps. Optional – add the red pepper flakes. Heat all ingredients through for a few minutes.
3. In a separate bowl, whisk together the eggs, milk, scallions, and black pepper.
4. Spray a large (9.5-in.) pie dish with nonstick cooking spray. Scoop the mushroom mixture into the dish and level out with a spoon or spatula. Pour the egg mixture over top and place dish in oven.

5. Cook for about 30-35 minutes remove from oven and add the cheese in a thin layer over the top and put pie back into the oven to finish cooking.
6. You may want to increase the temperature to 375 degrees if it is still quite wet in the center and continue to cook until fully set – about 10-15 more minutes. Cooking times will vary based on the kinds of eggs used, the oven, and the liquid in the veggies so keep an eye on it. You will know it's done when the center is no longer wobbly/liquid.

Cooking Tip #1: How to stop a crust from over-browning!

If the top starts to darken too much before the pie is cooked through, cover it with aluminum foil. A layer of foil on top completely stops the darkening process while the pie continues to cook.

SERVING SUGGESTION:

Serve the egg pie alongside whole grain pancakes and extra-lean turkey bacon. This is a great meal for a weekend breakfast OR for a fun "Breakfast for Dinner" weekday night!

Cooking Tip # 2: How to make turkey bacon crispy!

If you ever tried and failed to get turkey bacon extra crispy, I've got the solution: place it in the microwave between sheets of paper towels and cook for 4 minutes on high. Let it sit in the microwave a couple minutes and then remove. It will be crispy and delicious!

Recipe source: www.FoolYourselfFit.com