

Zucchini Pie

- 9-inch pastry shell
- 3 medium zucchini (1 pound) sliced thin
- 2 green onions with tops, sliced
- 1 large clove garlic, minced
- 1 tablespoon canola oil
- 1 medium tomato, peeled and chopped
- 1 medium green pepper, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon pepper
- 3 large eggs
- 1/2 cup evaporated fat-free milk
- 1/4 cup grated Parmesan cheese

1. Prick bottom of pie shell and bake in preheated 450°F oven 8 minutes or until lightly browned. Cool.
2. Sauté zucchini, onions and garlic in oil about 5 minutes, stirring occasionally. Stir in tomato, green pepper, basil, salt (if using) and pepper. Cook over low heat, stirring occasionally, until vegetables are tender and liquid has evaporated, about 10 minutes. Spread vegetables evenly in shell.
3. Beat eggs and evaporated milk until mixed; pour over vegetables. Sprinkle with Parmesan. Bake in preheated 350°F oven 30 minutes or until set.

Serves 6.

Nutrition Facts (without added salt)		
Serving Size: 1/6 of recipe		
Servings per recipe: 6		
Amount Per Serving		
Calories 244	Calories from fat 126	
	% Daily Value	
Total Fat 14g		21%
Saturated Fat 4g		19%
Cholesterol 97mg		32%
Sodium 315g		13%
Carbohydrate 22g		7%
Dietary Fiber 3g		11%
Protein 9g		18%
Vitamin A: 17%	Vitamin C: 53%	Folacin: 12%
Calcium: 16%	Iron: 10%	Potassium: 13%

