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## Simple Spinach Pie

- Canola cooking oil spray
- 3 Packages (10 oz. each) frozen spinach
- 1 Tsp extra virgin olive oil
- 2 Large egg whites at room temperature
- 1/4 Cup (1 oz.) crumbled reduced-fat feta cheese
- 1/4 Cup all-purpose flour
- 3/4 Tsp salt, or to taste
- 1/4 Tsp freshly ground black pepper
- 1/4 Cup reduced-sodium, fat-free chicken broth
- 1/4 Cup chopped dill (4 tsp. crumbled dried)

- 1) Preheat oven to 400 degrees.
- 2) Coat an 8-inch spring-form pan with spray.
- 3) Set aside.
- 4) Cook spinach according to package directions.
- 5) When cool enough to handle, squeeze spinach out to remove most of the water.
- 6) Coarsely chop spinach.
- 7) Transfer to a bowl and toss with olive oil.
- 8) In medium bowl, whisk egg whites until foamy.
- 9) Mix in feta cheese, flour, salt and pepper to make a sticky dough.
- 10) Stir in chicken broth and dill.
- 11) Add spinach and mix well to combine.
- 12) Spread mixture in prepared pan into an even layer.
- 13) Bake 15 minutes, until set.
- 14) Cool in pan.
- 15) Release spring-lock and carefully remove sides of pan.
- 16) Cut into 8 slices.
- 17) With wide metal spatula, transfer slices to serving plate, arranging them in a circular pattern, pointed ends facing inward.
- 18) Serve warm or at room temperature.

Makes 6 Servings