



---

## Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

---

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

---

*If Veterans don't help Veterans, who will?*

---

**Note:**

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



## 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