

Crustless Spinach Pie

Yield: 9"x13" pan

Serves: 6 adults

Ingredients

vegetable cooking spray
4 cups chopped fresh spinach or 1 10-ounce box frozen spinach, thawed
3 eggs
1 cup flour
1 cup low-fat (1% or less) milk
1/8 teaspoon garlic powder
1 teaspoon baking powder
12 ounces low-fat shredded cheddar cheese (3 cups).

Steps

1. Preheat oven to 350 degrees.
2. Spray 9"x13" baking pan with cooking spray.
3. **Wash and drain the spinach.** Chop the spinach. If frozen spinach is used, thaw and drain.
4. **Beat eggs well with fork. Mix in the flour, milk, garlic powder and baking powder.**
5. **Stir in cheese and spinach.** Pour mixture into the pan.
6. Bake for 35 minutes or until lightly browned.
7. **Enjoy!**

Have your child help you do the bold steps.

Adapted from [Tickle Your Appetite](#).