Absolutely Delicious Vegetable Pie

Serves 6

ABSOLUTELY DELICIOUS VEGETABLE PIE

Serves: 6 *Portion Size:* *1/6th of Pie*

Ingredients:

1½ cups	Egg Substitute
¼ cup	Nondairy Creamer
1 Tbsp	Minced Garlic
¼ tsp	Ground Black Pepper
1 each	10 in Flour Tortilla
1 cup	Low-fat Cheddar Cheese Shredded
10 ounce pkg	Frozen Mixed Vegetables

Instructions:

Mix the eggs, nondairy creamer, garlic, and pepper together in a bowl. Set aside.

Spray the bottom of a 9 inch pie pan with nonstick spray. Lay the flour tortilla in the bottom of the pie pan, press gently so it lays flat against the sides of the dish.

Sprinkle 1/4 cup of the cheese on the tortilla.

Add the mixed vegetables on top of the cheese.

Then add the rest of the cheese sprinkled over the top of the mixed vegetables in a layer.

Pour the egg mixture evenly over the mixed vegetables and cheese, being careful not to get any outside of the tortilla as this might cause it to stick to the pan.

Bake in the oven at 350° for 45 minutes. Insert a fork in the center and it should come out clean when it's done. Cut pie into six slices and serve hot.

Nutritional information per serving:

Calories: 170 , Protein: 15 g, Carbohydrate: 15 g, Dietary Fiber: 2 g, Total Fat: 6 g, Saturated Fat: 1.7 g, Cholesterol: > 5 mg, Calcium: 142.2 mg, Phosphorus: 218.2 mg, Potassium: 363.9 mg, Sodium: 380 mg

Nutrition Facts

Serv. size 1 (152g)
Servings 6
Calories 170
Fat Cal. 50

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6g	**8%**	**Total Carb.** 15g	**4%**
Sat. Fat 1.5g	**8%**	Fiber 2g	**8%**
Trans fats 0g		Sugars 2g	
Cholest. less than 5mg	**2%**	**Protein** 15g	
Sodium 380mg	**15%**		

Vitamin A 50% Vitamin C 8% Calcium 15% Iron 15%

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