

Italian Sausage Pie



Serves 6

Ingredients:

- ½ package (500 g) frozen vegetable “burgers” crumbled
- 1 cup chopped tomato
- ½ cup chopped onion
- ½ cup sliced zucchini
- 1/3 cup chopped red bell pepper
- 1 tsp Italian seasoning
- ¾ cup reduced-fat baking mix
- 1 cup shredded fat-free mozzarella cheese
- 1 tbsp grated fat-free Parmesan cheese
- 1 cup skim milk
- 1 egg
- 2 egg whites

Procedure:

- Combine “burgers”, tomato, onion, zucchini, bell pepper, and Italian seasoning; spoon into lightly greased pie pan.
- Mix baking mix and cheeses in a small bowl.
- Mix milk, egg, and egg whites; stir into dry mixture until blended.
- Pour batter over vegetable mixture in pie pan.
- Bake at 205°C/ 400°F until set and browned on the top, 35 to 40 minutes.
- Let stand 5 minutes before cutting.

Per serving:

- Calories:205
- Protein: 19 gm
- Carbohydrates: 22 gm
- Fat: 5 gm