

Eat Smart • Move More

Squash Pie

Prep Time: 10 minutes

Total Time: 55 minutes



Ingredients

- Nonstick cooking spray
- 2 summer squash, chopped
- 1 tomato, chopped
- 1 onion, diced
- ½ cup reduced fat cheddar cheese, grated
- 1 cup 1% milk
- 1 egg
- ¼ teaspoon ground black pepper

Directions

- Heat oven to 400°F. Spray a baking dish with nonstick cooking spray. Set aside.
- Sprinkle summer squash, tomato, onion, and cheese into the baking dish evenly.
- Mix remaining ingredients until well blended, in a separate bowl. Pour evenly over vegetable and cheese mixture.
- Bake for about 35 minutes or center is set and edges begin to brown.
- Let rest for 5-10 minutes before serving.

Nutrition Facts

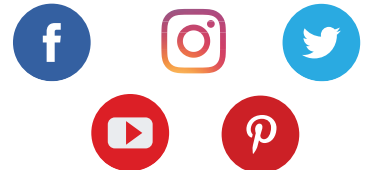
4 servings per container	
Serving size	1 serving
	(314.31g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 140mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 1mcg	6%
Calcium 228mg	20%
Iron 1mg	6%
Potassium 587mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Try sautéing the vegetables before placing into the baking dish.
- ▶ Yellow squash and zucchini are the more popular summer squash varieties.
- ▶ Add oregano, basil, garlic, or parsley to flavor the dish.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from: <http://www.biscuitsandburlap.com>.)

www.eatsmartmovemoreva.org