



Vegetable Brunch Pie

Who knew your children could love eating cauliflower?



INGREDIENTS

nonstick cooking spray	½ teaspoon onion powder
2¼ cups chopped cauliflower florets	1 teaspoon brown sugar
1 tablespoon vegetable oil	½ teaspoon salt
1 medium onion, chopped	⅛ teaspoon ground cayenne pepper
1 (8-ounce) package mushrooms, sliced	¾ cup shredded lowfat Cheddar cheese
4½ cups (about 6 ounces) of beet, mustard, or collard greens, finely chopped	1 cup lowfat milk
½ teaspoon garlic powder	¾ cup egg substitute
	¾ cup baking mix

PREPARATION

1. Place an oven rack in the middle of the oven. Preheat oven to 375°F.
2. Spray a 10-inch pie dish with nonstick cooking spray and set aside.
3. In a microwave safe bowl, microwave cauliflower on high for 3 minutes, or steam it on the stovetop.
4. Pour vegetable oil into a 12-inch skillet and heat over medium heat.
5. Sauté onion and mushrooms until tender, about 5 minutes.
6. Add greens, garlic powder, onion powder, brown sugar, salt, and cayenne pepper. Sauté for another 3 minutes until greens are wilted.
7. Stir the cooked cauliflower into the greens mixture and place in the pie dish. Sprinkle with cheese.
8. In a medium bowl, combine milk, egg substitute, and baking mix. Whisk until well blended and pour over vegetable mixture.
9. Bake 30 to 35 minutes or until golden brown. Serve while hot.

Adapted from recipe courtesy of Cut 'n Clean Greens.

Makes 8 servings. 4-inch slice per serving.
Prep time: 15 minutes **Cook time:** 50 minutes

Nutrition information per serving: Calories 128, Carbohydrate 15 g, Dietary Fiber 3 g, Protein 9 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 4 mg, Sodium 537 mg