

## Vegetable Pie

(An adaptation of a dish featured in The Moosewood Cookbook.)  
Yield: 8 servings

### Ingredients:

4 cups grated raw potato (about 4 medium potatoes)	2 cups coarsely chopped raw cauliflower
½ cup grated onion	1 10-ounce box frozen spinach, thawed and squeezed
2 beaten eggs	1 teaspoon nutmeg
2 teaspoons salt	salt and freshly ground black pepper to taste
2 tablespoons all-purpose flour	1 cup Swiss cheese, divided
2 tablespoons olive oil, divided	2 beaten eggs
1 large onion, chopped	¼ cup milk
6 cloves garlic, minced	paprika (for sprinkling)
1 red pepper, diced	

### Procedure:

After grating, let potatoes sit a few minutes in salted water while you grate the onion. Squeeze excess liquid from both and mix in with first 2 beaten eggs, salt and flour. Press into mixture into an 8 X 12-inch baking pan that's been sprayed with cooking oil. Bake at 400 F for 30 minutes. Remove from oven, brush with 1 tablespoon olive oil and continue baking for 10 minutes. Remove from oven, set aside and reduce oven temperature to 350 F. Saute onion and garlic in 1 tablespoon olive oil until onion is translucent. Add red pepper, cauliflower, spinach and nutmeg. Continue cooking for 5 to 10 minutes before seasoning with salt and pepper. Spread half the cheese in potato crust, then spoon in vegetable mixture. Combine eggs and milk and pour over pie. Top with remaining cheese and sprinkle with paprika. Bake for 35 minutes or until custard is set.

about 270  
calories and  
11 grams of fat  
per serving

**A serving also provides a full day's supply of vitamin C from the peppers and potatoes and nearly a full day's supply of vitamin A from the peppers and spinach.**

NDSU Agriculture Communication



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