



CRUSTLESS SUMMER ZUCCHINI PIE

3 Freestyle Points 125.3 calories

TOTAL TIME: 30 minutes

Crustless Summer Zucchini Pie is a simple savory pie made with zucchini, shallots, mozzarella and Parmesan cheese.

INGREDIENTS:

- 10 oz shredded zucchini, all liquid squeezed out
- 1/2 cup shallots, chopped
- 1/4 cup chopped fresh chives
- 1/2 cup part skim mozzarella
- 2 tbsp grated parmesan cheese
- 1/2 cup white whole wheat flour (King Aurther) or GF flour mix
- 1 tsp baking powder
- 2/3 cup fat free milk
- 1 tsp olive oil
- 2 large eggs, beaten
- 1/2 tsp kosher salt
- fresh cracked pepper to taste
- cooking spray (I used my misto)

DIRECTIONS:

1. Preheat oven to 400°. Lightly spray a pie dish with cooking spray or your misto.
2. Combine zucchini, shallots, chives, and mozzarella cheese in a bowl.
3. Sift flour and baking powder in a medium bowl.
4. Add remaining ingredients to the bowl and blend well.
5. Combine with zucchini mixture and pour it into the pie dish.
6. Top with parmesan cheese and bake 30-35 minutes or until knife comes out clean from the center.
7. Let it stand at least 5 minutes before serving.