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Impossible Vegetable Pie

Ingredients:

- 1 cup water
- 1 (16-ounce) bag frozen mixed vegetables
- ½ cup onion, chopped
- ½ cup low fat shredded cheddar cheese
- 1½ cup 1% milk
- ¾ cup Master Mix
- 3 eggs
- ¼ teaspoon salt
- ¼ teaspoon pepper
- vegetable oil spray

Makes 6 servings - 34% calories from fat

Instructions:

1. Heat oven to 400° F. Prepare a 10 inch pie pan with vegetable oil spray.
2. In a sauce pan add 1 cup water, bring to boil. Add vegetables and cook until almost tender, (about 5 minutes), drain well.
3. Mix vegetables, onion, and cheese in pie pan.
4. In a blender or separate bowl, beat remaining ingredients until smooth, (15 seconds in blender on high speed or 1 minute with hand beater.) Pour into pie pan.
5. Bake until golden brown and knife inserted in the center comes out clean, about 35-40 minutes. Let stand 5 minutes before serving. Refrigerate any leftover pie.

Note:

- For Impossible Meat Pie use 1 cup vegetables and 1 cup any leftover meat cut into bite size pieces.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 6	
Amount Per Serving	
Calories 290	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3.5g	18%
Trans Fat 1g	
Cholesterol 110mg	37%
Sodium 580mg	24%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 13g	
Vitamin A 20%	• Vitamin C 8%
Calcium 25%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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