

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 cups 1% milk
¾ cup Master Mix
3 eggs
¼ teaspoon salt
¼ teaspoon pepper
vegetable oil spray

Makes 6 servings

Instructions

1. Prepare a 10 inch pie pan with vegetable oil spray, set aside.
2. In a medium sauce pan add 1 cup water, bring to boil. Add frozen vegetables and cook until almost tender, (about 5 minutes), drain well.
3. Combine vegetables, onion, and cheese in a prepared pie pan.
4. In a blender *or* separate bowl, beat next 5 ingredients until smooth, (15 seconds in blender on high speed *or* 1 minute with hand beater.) Pour over vegetable mixture in pie pan. Do not stir.
5. Bake in 400° F oven, about 35-40 minutes *or* until golden brown and knife inserted in the center comes out clean. Let stand 5 minutes before serving. Refrigerate any leftover pie.

Note:

- For Impossible Meat Pie use 1 cup vegetables and 1 cup any leftover cooked 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

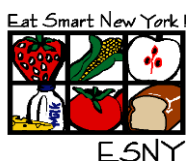
• Carbohydrate 4

• Protein 4

34% calories from fat

Source: Cornell Cooperative Extension Schoharie and Otsego Counties.

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