

Mixed Mushroom Pie

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Servings: 6

Preparation Time: 20 minutes

Bake Time: 50 minutes

1 ready-to-roll piecrust

1 teaspoon coarsely ground black pepper

1 pound sliced mushrooms

4 eggs

1 1/4 cups fat-free milk

1 tablespoon coarse-grain Dijon mustard

1 teaspoon garlic salt

1 teaspoon onion powder

1/2 teaspoon dried thyme

1/8 teaspoon ground nutmeg

1/8 teaspoon cayenne pepper

1 cup reduced-fat Swiss cheese, shredded and divided

Preheat the oven to 375 degrees.

On a lightly floured surface, unroll the piecrust. Sprinkle the pepper over the crust and gently roll into the piecrust. Fit into a 9-inch pie plate and crimp the edges. Refrigerate.

Heat a large nonstick skillet over medium-high heat. Add the mushrooms and cook for 5 to 7 minutes, stirring occasionally, until lightly browned. Set aside.

In a bowl, whisk together the eggs, milk, mustard, garlic salt, onion powder, dried thyme, nutmeg and cayenne. Stir in 1/2 cup of the cheese.

Sprinkle the remaining 1/2 cup of cheese over the bottom of the piecrust and spoon the mushrooms over the cheese. Pour the egg mixture evenly over the mushrooms.

Bake for 50 minutes or until the egg mixture is set and a knife inserted in the center comes out clean.

Cool to room temperature before slicing.

Per Serving (excluding unknown items): 71 Calories; 4g Fat (44.7% calories from fat); 6g Protein; 4g Carbohydrate; 1g Dietary Fiber; 141mg Cholesterol; 392mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.