

Side Dishes

Spinach Pie

Servings: 8

Exchanges: One serving (1/8 of total) = 1 vegetable, 1 fat.

1 small onion, finely chopped

1 tablespoon olive oil

2 packages (10 oz ea) frozen chopped spinach, thawed and drained

1/2 cup chopped ripe olives

1 large clove garlic, grated

salt and pepper to taste

1/2 cup Medego Vilari

1/2 cup chopped pimientos

Saute' the onion in the olive oil until clear.

Increase heat to high and add spinach. Stir-fry the spinach until it is free of all excess moisture.

Remove from heat and add the olives, garlic, salt and pepper. Mix well and pour into a deep 10-inch glass pie dish.

Arrange the medego around the edge as a crust. Layer the chopped pimiento just inside this ring, leaving a circle of the green spinach showing in the center.

Bake 20 minutes at 350 degrees.

Per Serving (excluding unknown items): 48 Calories; 2g Fat (33.1% calories from fat); 4g Protein; 6g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 85mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat.