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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

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

34% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. January 2010

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