

SPINACH AND EGG PIE

Ingredients:

- *1 leek(sliced in half lengthwise & chopped)
- *170g baby spinach
- *2 whole eggs
- *6 egg whites
- *1 red capsicum
- *cooking spray

Directions:

Pre-heat oven to 180 degrees.

Coat 22cm pie pan with cooking spray.

Spray non stick pan. add leek & spinach(cook & toss frequently).

In medium bowl beat eggs & egg whites.

Add spinach mixture & capsicum to eggs & stir to combine.

Pour into pie pan & bake for 45min or until eggs are set.

(serves 2)

Calories: 184

Fat: 6g

Carbs: 15g

Sugars: 6g

Protein: 21g

Iron: 5mg