

Torta Pasqualina (Spinach Pie) (from Skinny Taste meal prep cookbook by Gina Homolka)

Serves 6

½ T olive oil
1 large onion, diced
3 garlic cloves, chopped
11 ounce fresh baby spinach
1 ¼ tsp kosher salt
¼ tsp crushed red pepper
¼ tsp freshly ground black pepper
6 large eggs
½ cup part-skim ricotta cheese
¼ cup freshly grated Parmesan cheese
¼ cup shredded part-skim mozzarella cheese
8 ounce sheet (½ package) frozen puff pastry, thawed
All purpose flour, for dusting
1 T fat-free milk

Prepare the torta filling: Heat the oil in a large, deep skillet over medium heavy. Add the onion and cook for about 5 minutes, until soft. Add the garlic and cook for about 2 minutes more, until fragrant. Add the spinach, salt, pepper flakes, and black pepper. Cook, stirring frequently, for 4 to 5 minutes, until the spinach is wilted. Remove the skillet from the heat. Once cooled, transfer the spinach mixture to a mixing bowl.

Preheat oven to 375 F.

In a small bowl, whisk 2 of the eggs. Once the spinach is cool, add the 2 beaten eggs, ricotta, Parmesan, and mozzarella, and mix well.

Prepare the torta crust: You will need a standard 9 inch pie plate that is about 1 ½ inches deep. Lay out the puff pastry sheet on a lightly floured surface and slightly roll it out so it's larger than the top diameter of the pie plate. Place the pie plate upside down on the pastry sheet as a stencil and use a knife to cut around it to make a circle. Set the rest of the dough aside for later.

Lay the pastry sheet in your pie plate (the dough should come up the sides to the top edges).

Put half of the spinach mixture into the pie plate. Make four large wells in the spinach-one in each quarter of the pie-and then gently crack one of the remaining eggs into each well. Using your hands, carefully top with the remaining spinach mixture, being careful not to crack the yolk.

Roll out the remaining dough and cut it into long strips to lay across the top of the spinach in a crisscross pattern (about four rows in each direction). Brush the milk over the top of the pie crust with a pastry brush.

Bake for about 50 minutes, until the crust is golden. Serve hot or at room temperature

Per serving (1 slice) Calories 371 - Fat 24g - Saturated Fat 7.5g - Cholesterol 197mg - Carbohydrate 24g
Fiber 2.5g - Protein 16g - Sugar 2g - Sodium 544mg

