



## **Spinach Squares (or Pie)**

Serves 4-6

### Ingredients:

- 1 1/2 bunch of fresh organic spinach
- 1 pound of cottage cheese (I use Horizon Organic, regular)
- 2 eggs and 1 egg white
- 1/4 cup fresh flat leaf parsley
- 2 tablespoons of sesame seeds
- 1 or 1/2 teaspoon sea salt
- 1/8 teaspoon pepper
- OPTIONAL: low-fat cottage cheese

### Procedure:

1. Wash the spinach well. Drain it and dry it either with towels or in a salad spinner. The spinach can not be wet, or the pie will not set up. Chop or tear into bite-sized pieces.
2. Place the cheese, eggs, and salt in a large bowl. Using a fork, cream together the cheese, eggs and parsley, salt & pepper. Add the chopped spinach. Mix very well, can use hands.
3. Oil a 7-x-11 inch, or slightly bigger, baking dish and evenly press the spinach mixture into the dish.
4. Bake at 350 degrees for about 30 minutes. When finished, if there is much liquid on bottom, carefully spill out some by tilting the pan over sink. Place baking dish under the broiler for a few seconds to brown the sesame seeds, if desired. Cut into squares, serve.

### Cooks notes:

The sesame seeds are optional, tastes great without them, but gives the pie a nice crunch and nutritional value.

I love it for breakfast with sliced tomato and avocado and rye crisps

Serve for a light dinner with a sweet potato, or steamed parsnips, and a mixed salad

This dish is high in protein and low in calories. One serving contains 23 grams of protein and if you're using low-fat cottage cheese, only 178 calories.

I have adapted this from: COOKING W/ THE RIGHT SIDE OF YOUR BRAIN, Vicki Chelf