



## Ingredients

# Vegetable Brunch Pie

Adapted from *Cut 'n Clean Greens*.



2 1/4 cups Cauliflower chopped	1 teaspoon Brown Sugar
1 tablespoon Vegetable Oil	1/2 teaspoon Salt
1 Onion medium, chopped	1/8 teaspoon Cayenne Pepper ground
8 ounces Mushrooms sliced	3/4 cup Cheddar Cheese low-fat, shredded
4 1/2 cups Greens finely chopped,	1 cup Milk low-fat
1/2 teaspoon Garlic Powder	3/4 cup Egg Substitute or 3 Eggs
1/2 teaspoon Onion Powder	3/4 cup Baking Mix



## Directions



**Yield:** 8 servings **Serving size:** 1 slice

1. Place an oven rack in the middle of the oven. Preheat oven to 375 F.
2. Spray a 10-inch pie dish with nonstick cooking spray and set aside.
3. In a microwave-safe bowl, microwave cauliflower on high for 3 minutes, or steam it on the stovetop.
4. Pour vegetable oil into a 12-inch skillet and heat over medium heat.
5. Saute mushrooms and onions until tender, about 5 minutes.
6. Add greens, garlic powder, onion powder, brown sugar, salt, and cayenne pepper. Saute for another 3 minutes until greens are wilted.
7. Stir the cooked cauliflower into the greens mixture and place in the pie dish. Sprinkle with cheese.
8. In a medium bowl, combine milk, egg substitute/eggs, and baking mix. Whisk until well blended and pour over vegetable mixture.
9. Bake 30 to 35 minutes or until golden brown. Serve while hot.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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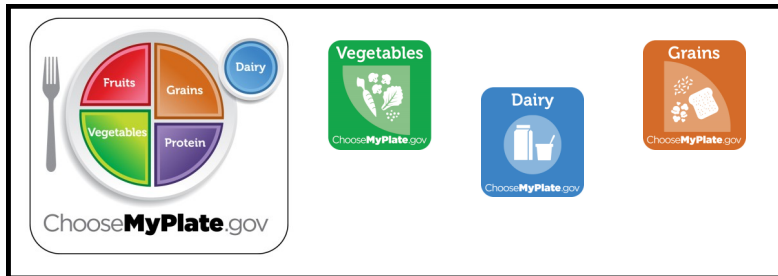
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Try different greens—Beet greens, mustard greens, or collard greens all work fantastic!
- Omit the cayenne pepper for less heat
- Add fresh herbs if you have them on hand.

Nutrition Facts	
Serving Size 1.00 slice	
Serving Per Container 8	
Amount Per Serving	
<b>Calories 128</b>	
% Daily Value*	
<b>Total Fat</b> 5 g	6%
Saturated Fat 1 g	5%
<b>Sodium</b> 537 mg	23%
<b>Total Carbohydrate</b> 15 g	5%
Dietary Fiber 3 g	11%
<b>Protein</b> 9 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

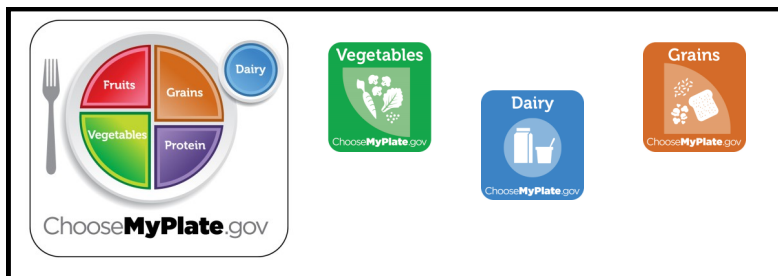
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