# CRUSTLESS SUMMER ZUCCHINI PIE

**Total Time:** 30 minutes

### INGREDIENTS:

10 oz shredded zucchini, all liquid squeezed out

1/2 cup shallots, chopped

1/4 cup chopped fresh chives

1/2 cup part skim mozzarella

2 tbsp grated parmesan cheese

1/2 cup white whole wheat flour (King Aurthur) or GF flour mix

1 tsp baking powder

2/3 cup fat free milk

1 tsp olive oil

2 large eggs, beaten

1/2 tsp kosher salt

fresh cracked pepper to taste

cooking spray

### DIRECTIONS:

1. Preheat oven to 400°. Lightly spray a pie dish with cooking spray or your misto.
2. After you squeeze all of the water out of the zucchini with a strong paper towl or cheesecloth combine zucchini, shallots, chives, and mozzarella cheese in a bowl.
3. Mix flour and baking powder in a medium bowl.
4. Add remaining ingredients to the bowl and blend well.
5. Combine with zucchini mixture and pour it into the pie dish.
6. Top with parmesan cheese and bake 30-35 minutes or until knife comes out clean from the center.
7. Let it stand at least 5 minutes before serving.

Optional add fresh basil or oregano to the dish.

### NUTRITION INFORMATION

Yield: 6 servings, Serving Size: 1/6th

***Amount Per Serving:***

Calories: 125 calories

Total Fat: 4.8g Sodium: 420.1mg

Saturated Fat: g Protein: 8.1g

Sugar: 2.5g

 Carbohydrates: 13g Fiber: 2g