



Crustless Spinach and Feta Pies

INGREDIENTS

1 TBS extra-virgin olive oil	1 (10-ounce) package frozen chopped spinach, thawed
4 scallions, thinly sliced	4 large eggs
3/4 cup half-and-half	2 TBS grated Asiago, Parmesan or Romano cheese
2 TBS chopped fresh dill	2 TBS chopped fresh parsley
1 teaspoon kosher salt	Freshly ground black pepper
Pinch cayenne pepper (optional)	1/3 cup crumbled feta cheese

DIRECTIONS

Position a rack in the center of the oven and preheat to 400 degrees F. Heat olive oil in a medium skillet over medium-high heat. Squeeze excess water out of spinach. Add spinach and scallions and cook, stirring, until dry, about 4 minutes. Transfer to a colander and press with the back of a spoon to remove the last bit of moisture. Brush 4 (6-ounce) ramekins OR large cupcake tins (4) with some olive oil and put on a baking sheet. Beat 4 eggs and place in a large mixing bowl. To the bowl with eggs, add spinach mixture, half-and-half, grated cheese, dill, parsley, salt, black and cayenne peppers. Divide mixture evenly among the four greased ramekins. Bake until set around the edges but still slightly soft in the center, about 30 minutes. Turn oven off, leaving pies inside to set, about 5 minutes more. Run a knife around edge of each pie and invert onto plates; spoon some tomato salad around each and serve. Makes 4 servings; 175 calories each.