

S.S. Asparagus Pie

Ingredients

- 1 bunch Asparagus
- 1 Small Yellow or sweet Onion
- 2 cloves Garlic
- 1 teaspoon Olive Oil
- 5 Eggs
- 1 cup low fat Milk
- 1 cup Swiss Cheese
- ½ teaspoons Salt
- ¼ teaspoons Pepper
- 3 cups Cooked Spaghetti Squash = 1 Small Squash

Preparation Instructions

Preheat oven to 400°F.

Cut off the ends of the asparagus. Dice the onion, mince the garlic, and cut the asparagus spears into 1-inch pieces. Heat the olive oil in a pan over medium heat, and saute onion and garlic for several minutes, until the onion is soft. Add the asparagus and continue to saute until the asparagus has turned bright green and is soft. Set aside to cool.

In a bowl, whisk together the eggs, milk, cheese, salt, and pepper.

Grease a pie pan. Press the cooked spaghetti squash to the sides and bottom of the pan, forming an even crust. (We like to get as much liquid out of our squash as we can so we will squeeze it in paper towels or cheesecloth) Mix the cooled egg mixture with the onion asparagus mixture and pour on top of the crust.

Bake for 40 minutes until the pie is firm

NOTE: We have made this with TONS of different combinations. Some of our favorites include leeks, mushrooms & goat cheese, broccoli & cheddar and kale or spinach with peppers & feta. You can add meat if you want but you won't miss it. This is a great meal any time of the day with a side of

fruit and will make a spaghetti squash lover out of anyone!!



Sydney and I came up with this recipe while we were in Florida for her very first surgery. (She has had several) We had to live there for several months during her recovery. Sydney grew up eating spaghetti squash and with a love of cooking. Sydney had PT everyday at the hospital so she would

always make something to take for everyone at least once a week. (She couldn't do much since she was in a wheelchair so we cooked A LOT!!!)

She had asked all her Doctors, nurses and Physical Therapists if they liked spaghetti squash and was amazed by how many many had never even heard of it. She took this in and it was instantly the talk of the hospital. She made Spaghetti Squash lovers out of everyone! Every surgery she has had since then she has to show up with at least one pan of this and is now known as S.S. Sydney (Spaghetti Squash) to everyone in the hospital due to this recipe.

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