Blackened Fish with Strawberry Kiwi Salsa

Vegetable and Goat Cheese Phyllo Pie
**VEGETABLE AND GOAT CHEESE PHYLLO PIE**

**Ingredients**
Makes 4 Servings

- Cooking spray
- 1 Tbsp. olive oil (extra virgin preferred)
- 4-5 medium green onions (about 1 cup), chopped
- 2 medium zucchini (thinly sliced)
- 10 oz. frozen, chopped spinach (thawed, squeezed dry)
- 1/4 cup chopped, fresh parsley
- 2 tsp chopped, fresh mint
- 2 medium garlic cloves (minced)
- 1 cup fat-free evaporated milk
- 1/2 cup egg substitute
- 1/4 tsp. pepper
- 1/8 tsp. ground nutmeg
- 6 phyllo dough sheets (each 14 x 9 inches), thawed
- 1 1/2 oz. soft goat cheese

**Recipe**

- Preheat the oven to 375°F. Lightly spray a 9-inch pie pan with cooking spray. Set aside.
- In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 2 minutes, or until softened, stirring frequently.
- Stir in the zucchini. Cook for 4 minutes, or until beginning to brown, stirring frequently.
- Stir in the spinach, parsley, mint, and garlic. Cook for 2 minutes, stirring frequently.
- In a small bowl, whisk together the evaporated milk, egg substitute, pepper, and nutmeg. Set aside.
- Working quickly and keeping the unused phyllo covered with damp paper towels to prevent drying, place one sheet of phyllo in the pie pan, gently pressing on the bottom and side of the pan, letting the ends overhang the pan. Repeat with the remaining phyllo, placing the sheets in a crisscross pattern.
- Spoon the green onion mixture over the phyllo. Pour in the milk mixture, swirling if needed to cover the surface. Dot with the cheese.
- Fold the ends of the phyllo toward the center of the pan, leaving a circle of the filling showing. Lightly spray the phyllo with cooking spray. Gently press the phyllo on the filling so the phyllo will hold its shape.
- Bake for 30 to 40 minutes, or until golden. Transfer to a cooling rack and let cool for 15 minutes. Cut into wedges. Serve warm.

**Nutrients**

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