



Potato, Broccoli & Cauliflower Ricotta Pie

Servings

4-6

Calories

420

Prep Time

20 minutes

Total Time

1 hr 20 minutes

Skill Level

Medium

Ingredients

- 2 cups Mann's Broccoli & Cauliflower
- 9" pie crust, un-baked
- 2 cups potatoes, mashed
- 1 cup ricotta, part-skimmed
- ½ cup yogurt, plain (can substitute sour cream)
- ½ cup green onions, sliced
- 2 eggs, beaten
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup Parmesan cheese, freshly grated
- 1 teaspoon paprika



The Method

Preheat oven to 350° F. Place uncooked pie shell on baking sheet.

In bowl, combine Mann's Broccoli & Cauliflower florets, potatoes, ricotta, yogurt, green onions, eggs, salt and pepper. Stir contents gently until thoroughly mixed. Pour mixture into pie shell, smoothing the top and sprinkling it with the Parmesan. Add paprika for color. Bake in the oven for 60 minutes or until golden brown.



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Nutrition Facts

Serving Size: 272g | Servings: 4-6

Amount Per Serving

Calories 420 | Calories from Fat 210 | Total Fat 23g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 35mg | Total Carbohydrate 6g | Dietary Fiber 3g | Sugars 2g | Protein 3g | Vitamin A 30% | Vitamin C 140% | Calcium 6% | Iron 8%