



Spaghetti Pie with White Beans (6 servings)

20-minute prep

25-minute cook

Calories – 196

Protein – 15 grams

Fat – 5 grams

Carbohydrates – 24 grams

Ingredients:

- Whole Grain Spaghetti (4 oz)
- 1 ½ cups of White Beans
- 1 Tsp Olive Oil
- 2 cups Diced Tomatoes
- 1 large (Sweet) Onion
- 4 cups Spinach (raw/chopped)
- 1 Tsp dried Oregano
- 1 Tsp dried Basil
- 6 large Eggs (egg whites)
- ½ cup plain Greek Yogurt
- ¾ cup grated Parmesan Cheese

Instructions:

1. Cook spaghetti (al-dente) – drain and set aside
2. Heat oil on med/high heat – add onion, stir until soft (3-5 min)
3. Add tomatoes, stir until dry – add basil and oregano
4. Add spinach, stir until wilted – remove from heat
5. In a large bowl, whisk eggs – add yogurt, whisk until completely smooth
6. Add ½ cup of the Parmesan cheese – add beans – add spaghetti to the egg mixture
7. Toss mixture to coat evenly
8. Add spinach mixture – fold together
9. Add spaghetti mixture to a lightly oiled pie/baking dish
10. Sprinkle remaining Parmesan cheese on top – bake at 375° for 25 minutes