

Summer Harvest Pie

1 reduced fat pie crust
1 pound lean ground turkey
1 small onion diced
1 ½ tsp garlic powder
salt and pepper to taste (optional) each layer
1 cup zucchini and/or yellow squash
1 cup sliced mushrooms
1 ½ large sliced tomatoes
2 cups grated 2% cheddar or blended cheese

Brown ground meat with onion, drain and rinse under warm water to remove fat. Season with 1 teaspoon garlic powder and salt/pepper. Spread in pie crust. Spread one cup of cheese over browned meat. Layer fresh sliced mushrooms and then sliced zucchini (overlapping and covering meat). Top with sliced tomatoes. Bake at 375° F. for 20 minutes. Remove from oven and top with the remaining cup of cheese. Bake another 20 minutes at 375° F. until cheese is melted and crust is golden brown. Let sit 5 minutes before cutting and serving. Makes 8 servings.

Nutrition information per serving: 260 calories; 21 grams protein; 14 grams fat; 19 grams carbohydrate; 790 mg sodium.