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# Spinach Pesto Pie

Servings: 16

*From: Lean Star Cuisine*

**2 1/2 cups cottage cheese, lowfat, liquid pressed out**  
**10 ounces frozen spinach, thawed and chopped, liquid pressed out**  
**8 ounces cream cheese, low fat, cubed**  
**1/4 cup Parmesan cheese**  
**1 egg**  
**2 egg whites**  
**2 cloves garlic, minced**  
**2 teaspoons dried basil**  
**1/4 teaspoon salt**  
**1/8 teaspoon black pepper**  
**vegetable cooking spray**

Preheat oven to 325 degrees. spray a 9" springform pan with vegetable spray.

Process all ingredients in a food processor until smooth.

Pour into pan, bake about 1 hour until firm.

Cool slightly before slicing.

## **Fighting Fat After Forty**

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*Per Serving (excluding unknown items): 43 Calories; 1g Fat (23.1% calories from fat); 6g Protein; 2g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 224mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 0 Fat.*