



Farmland Vegetable Pie

 Vegetarian

READY IN



165 min.

SERVINGS



8

CALORIES



422 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup basil chopped
- ☐ 0.5 cup corn kernels (from 1 ear)
- ☐ 0.5 cup cornmeal
- ☐ 1.8 cups flour all-purpose
- ☐ 2 garlic clove finely chopped
- ☐ 4 hardboiled eggs peeled chopped
- ☐ 0.8 cup milk whole for brushing
- ☐ 4.5 ounces muenster cheese grated

- ☐ 0.3 pound okra trimmed sliced
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 1 bunch spring onion chopped
- ☐ 0.8 stick butter unsalted cold cut into 1/2-inch cubes
- ☐ 1.5 pounds to 3 sized squashes yellow cut into 1-inch pieces
- ☐ 1 pound tomatoes yellow seeded

Equipment

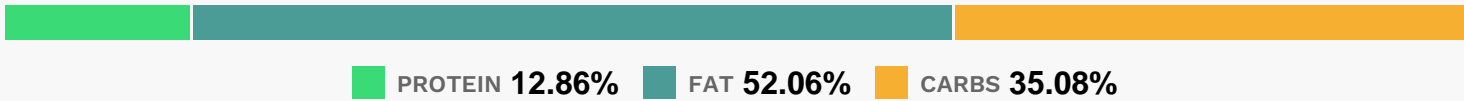
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ colander

Directions

- ☐ Place a heavy baking sheet on middle rack of oven, then preheat oven to 400°F.
- ☐ Toss squash with 1 teaspoon salt, then drain in a colander 30 minutes. Pat squash dry.
- ☐ Cook scallions (except greens) and garlic in oil with 1 teaspoon salt and 1 teaspoon pepper in a 12-inch heavy skillet over medium heat, stirring occasionally, until golden, 4 to 6 minutes.
- ☐ Add squash and okra and cook, stirring occasionally, until vegetables are crisp-tender, 7 to 9 minutes.
- ☐ Remove from heat and stir in tomatoes.
- ☐ Transfer to a large bowl, then toss with corn, cheese, basil, cornmeal, and scallion greens. Season with salt and pepper.
- ☐ Pulse dry ingredients with butter in a food processor until mixture resembles coarse meal with some roughly pea-size butter lumps.

- ☐ Transfer to a bowl and stir in milk until mixture just forms a dough.
- ☐ Gather dough into a ball and chill, wrapped in plastic wrap, 5 minutes.
- ☐ Halve dough and roll out 1 piece on a well-floured surface with a floured rolling pin into a 13-inch round.
- ☐ Transfer to a 9-inch glass pie plate, leaving overhang.
- ☐ Spread eggs evenly in crust and season with 1/4 teaspoon salt.
- ☐ Add vegetable filling, mounding slightly in middle.
- ☐ Roll out remaining dough in same manner and place over filling. Trim, leaving a 1/2-inch overhang. Press edges of crust together. Fold overhang under and crimp edge all around.
- ☐ Brush crust with additional milk, then cut 3 steam vents.
- ☐ Bake until crust is golden and filling is bubbling, 50 minutes to 1 hour. Cool at least 15 minutes before slicing.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:62.06, Glycemic Load:21.19, Inflammation Score:-8, Nutrition Score:19.620869387751%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 421.7kcal (21.08%), Fat: 24.84g (38.22%), Saturated Fat: 10.9g (68.11%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 33.86g (12.31%), Sugar: 4.42g (4.91%), Cholesterol: 134.08mg (44.69%), Sodium: 556.57mg (24.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.62%), Manganese: 0.65mg (32.6%), Folate: 124.6µg (31.15%), Vitamin B2: 0.53mg (31.14%), Selenium: 21.1µg (30.16%), Phosphorus: 298.06mg (29.81%), Vitamin K: 31.11µg (29.63%), Vitamin C: 24.32mg (29.48%), Calcium: 290.31mg (29.03%), Vitamin B1: 0.38mg (25.12%), Vitamin A: 1057.6IU (21.15%), Vitamin B6: 0.39mg (19.57%), Potassium: 596.55mg (17.04%), Iron: 2.98mg (16.55%), Vitamin B3: 3.3mg (16.48%), Fiber: 3.81g (15.23%), Magnesium: 60.2mg (15.05%), Zinc: 1.88mg (12.53%), Vitamin E: 1.77mg (11.81%), Vitamin B12: 0.65µg (10.89%), Copper: 0.21mg (10.48%), Vitamin B5: 0.93mg (9.34%), Vitamin D:

1.06µg (7.04%)