



Spinach and Matzoh Pie



Vegetarian



Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



267 kcal

Ingredients

- ☐ 16 ounce curd cottage cheese
- ☐ 0.3 cup optional: dill divided chopped
- ☐ 3 large eggs
- ☐ 1.5 cups feta cheese divided crumbled
- ☐ 20 ounce spinach frozen thawed chopped
- ☐ 0.3 teaspoon nutmeg grated
- ☐ 3 tablespoons olive oil
- ☐ 1 medium onion finely chopped
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Cook onion in oil in a large heavy skillet over medium heat, stirring occasionally, until golden, 12 to 15 minutes.
- ☐ Meanwhile, put spinach in a sieve and press out as much liquid as possible.
- ☐ Add spinach to onion and cook, stirring occasionally, 5 minutes.
- ☐ Remove from heat and stir in 1/3 cup dill, 3/4 teaspoon salt, and 1/2 teaspoon pepper.
- ☐ Purée cottage cheese in a blender with milk, eggs, nutmeg, and 1/2 teaspoon each of salt and pepper until smooth. Reserve 2 cups in a bowl and stir remainder into spinach with 1 cup feta.
- ☐ Stack matzos in a deep dish and pour reserved cottage–cheese mixture over them.
- ☐ Let stand 15 minutes to soften.
- ☐ Arrange 2 soaked matzos side by side in a generously oiled 13- by 9- by 2-inch (3-quart shallow) baking dish.
- ☐ Pour in half of spinach filling. Cover with 2 more matzos, then pour in remaining filling. Put remaining 2 matzos on top and pour any remaining cottage–cheese mixture over them.
- ☐ Sprinkle with remaining 1/2 cup feta.
- ☐ Bake, uncovered, until golden and set, 30 to 35 minutes. Cool 10 minutes, then serve sprinkled with remaining 2 tablespoons dill.
- ☐ Pie can be assembled (but not baked) 1 day ahead and chilled, covered.

Nutrition Facts



 **PROTEIN 25.57%**  **FAT 59.14%**  **CARBS 15.29%**

Properties

Glycemic Index:25.5, Glycemic Load:2.21, Inflammation Score:-10, Nutrition Score:25.066521831181%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 267.14kcal (13.36%), Fat: 17.93g (27.59%), Saturated Fat: 7.21g (45.09%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 8.08g (2.94%), Sugar: 5.58g (6.2%), Cholesterol: 111.74mg (37.25%), Sodium: 603.34mg (26.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.89%), Vitamin K: 267.61µg (254.87%), Vitamin A: 8860.28IU (177.21%), Vitamin B2: 0.67mg (39.29%), Calcium: 370.08mg (37.01%), Folate: 132.98µg (33.25%), Phosphorus: 323.81mg (32.38%), Selenium: 20.96µg (29.94%), Manganese: 0.56mg (28%), Vitamin E: 3.14mg (20.92%), Vitamin B12: 1.22µg (20.26%), Magnesium: 75.17mg (18.79%), Vitamin B6: 0.36mg (17.83%), Potassium: 473.8mg (13.54%), Zinc: 1.97mg (13.12%), Vitamin B5: 1.19mg (11.94%), Vitamin B1: 0.17mg (11.64%), Iron: 2.08mg (11.55%), Fiber: 2.34g (9.37%), Vitamin D: 1.22µg (8.1%), Vitamin C: 6.58mg (7.98%), Copper: 0.15mg (7.52%), Vitamin B3: 0.82mg (4.1%)