

Spinach Pie [from The Healthy Hedonist by Myra Kornfeld]

Ingredients

- 1/4 c raisins (currants were used)
- 1/4 c rum [or water]
- 2 lbs fresh spinach (washed and stemmed] or 1-1/2 lbs baby spinach washed (a bag of mixed greens was used for demonstration)
- 2 Tbsp Extra Virgin Olive Oil [butter used]
- 1/2 c finely diced red onion
- 1/4 c pine nuts
- 1 tsp salt
- Fresh ground pepper, and fresh ground nutmeg [to taste]
- 1 c ricotta cheese
- 1 c grated Gruyere cheese [Compte used]
- 4 eggs, slightly beaten
- 1 Tbsp unbleached flour [rice flour used for demo]
- 1/2 tsp Baking Powder
- 2 Tbsp butter, ghee or coconut oil

Instructions

1. Preheat oven to 350° F
2. Combine raisins with Rum [or Water] and set aside
3. Empty spinach into large skillet and cook down over medium heat until wilted. If leaves are wet from washing no need to add any water.
4. Remove spinach to a strainer and squeeze all the water out of it. When all water out place on cutting board and chop it up in small pieces.
5. Place oil in skillet. Add onion and pine nuts. Cook until onions soft and golden.
6. Stir in garlic, spinach and raisins, 1/2 tsp salt, dash of black pepper. Stir till heated through. Sprinkle with nutmeg. Transfer to a large bowl. Stir in ricotta, cheese, eggs, flour, Baking Powder, 1/2 tsp salt, dash of black pepper.
7. Add Tbsp oil to 9 inch pie plate and cover the bottom with it.
8. Pour in egg mix.
9. Bake for 30 min. then take out and sprinkle 1 Tbsp on top
10. Place back in oven to bake another 15-20 minutes.

