



Connecting schools and students
with local farms and farm fresh,
nutritious foods!

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Building Strong and Vibrant New York Communities

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Springtime Cheesy Veggie, Herb, and Egg Pie

Servings: 8

Ingredients:

- 2 cups spring vegetables, such as asparagus, peas, spinach, and/or kale
- 1/2 cup chopped sweet onion
- 1 Tbsp. olive oil or butter
- 4 large eggs
- 1 can evaporated milk
- 4 oz. (about 1 cup) shredded cheese
- Handful of chopped fresh herbs such as chives, parsley, mint
- Dash of salt and pepper

Instructions:

1. Preheat oven to 425°F.
2. Sauté onion and veggies in a skillet set over medium heat in olive oil or butter for about 4 minutes until just tender, stirring a bit. Transfer to a greased 10" pie plate.
3. In a medium bowl, whisk eggs and evaporated milk until blended.
4. Spread cheese on top of veggies in pie plate and add herbs, salt, and pepper.
5. Pour egg and milk mixture over veggies and cheese. Carefully place in preheated oven.
6. Bake about 20 minutes until golden brown and eggs are set.
7. Let cool slightly and cut into 8 serving pieces.

Nutrition Facts

Serving Size 1 wedge
Servings Per Container 8

Amount Per Serving

Calories 150 **Calories from Fat 60**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 105mg **35%**

Sodium 150mg **6%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 7g

Protein 12g

Vitamin A 80% • **Vitamin C 20%**

Calcium 30% • **Iron 10%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4