

Recipes



<http://www.riverdogfarm.com>

Potato/Broccoli/Cauliflower Ricotta Pie (recipe adapted from: <http://mann.broccoli.com> -sometimes it's fun to look for recipes that remind me of my mid-west origins...this is one of them. The crust can be omitted and instead, bake the potato/broccoli/cheese/etc mixture in a buttered 9" x 9" dish)

4-6 Servings

1 9" pie shell, pre-baked (or homemade if you have time)

2 cups broccoli and or cauliflower, chopped and blanched

2 cups mashed potatoes

1 cup Part-skimmed ricotta

1/2 cup Yogurt (plain) or sour cream

1/2 cup Green onions, sliced

2 large Eggs

1 tsp.Salt

1/4 tsp.Pepper

1/4 cup Parmesan cheese, freshly-grated

1 tsp.Paprika

1. Preheat oven to 350°. Place the pie shell on a lightly greased baking sheet.

2. In a bowl, combine the broccoli and or cauliflower, potatoes, ricotta, yogurt, green onions, eggs, salt and pepper. Stir contents gently until thoroughly mixed. Pour the mixture into the pie shell, smoothing the top and sprinkling it with the Parmesan. Add paprika to taste and for color.

3. Bake in the oven for 60 minutes or until golden brown.