

ONION & NOODLE PIE

PREPARATION: 30 MINUTES

COOKING: 40 MINUTES

4 SERVINGS

Nutrient Analysis

PER SERVING (1/4 of pie)

Renal exchange:

2 Starch + 2 Protein + 1 Vegetable

Calories **313kcal**

Protein **17g**

Carbohydrates **28g**

Fibre **2g**

Total Fat **15g**

Saturated Fat **7g**

Cholesterol **225mg**

Sodium **313mg**

Potassium **360mg**

Phosphorus **227mg**

INGREDIENTS

2 1/2 cups onions, thinly sliced

2 tablespoons no salt margarine

*2 cups fine egg noodles, uncooked
(No Yolks® are a good choice)*

250g light cream cheese (cubed)

Freshly ground black pepper

6 eggs

2 egg whites

1/4 cup parmesan cheese, grated

*3/4 cup of unsweetened,
unfortified rice milk*

1/4 cup parsley, chopped

3 tablespoons dried bread crumbs

*2 tablespoons chopped parsley
for garnish*



SUGGESTION

Can be prepared ahead of time and heated up in portions.

PREPARATION

- 1 Pre-heat oven to 350° F (conventional)
- 2 In a large frying pan, cook the onions with the margarine over medium heat until very soft and golden, stirring frequently (15-20 minutes).
- 3 Bring 1/2 quart (1.5 litres) of water to a boil and cook noodles according to package directions.
- 4 Prepare noodle mixture: drain noodles and add them to the pan with the cooked onions. Toss with cream cheese to coat evenly. Season with black pepper to taste. Add parmesan cheese.
- 5 Prepare egg mixture: mix eggs and egg whites in a medium bowl. Add rice milk and parsley.
- 6 Grease a 2" deep, 10 inch wide quiche pan and dust with bread crumbs.
- 7 Put noodle mixture in the bottom of the pan, spreading evenly. Pour egg mixture over it and garnish with parsley.
- 8 Place pan in the middle of pre-heated oven and bake for 40 minutes or until golden and set.
- 9 Remove from oven and allow to cool 10 minutes before cutting. Serve with fresh arugula salad.

Note:

*Keeps 3-4 days in the fridge.
Wrap in foil.*