

## Spaghetti Pie

*This recipe is from the “Wheat-free Gluten-free Reduced Calorie Cookbook”. Despite it being a delicious pasta and cheese creation, it has only 150 calories per serving and 4.7 grams of fat. If you want to serve larger wedges, yielding 6 servings instead of 8, that’s still only 200 calories per serving.*

This pie can be assembled the day before, covered with foil, and refrigerated before baking. Don’t overcook the pasta – gluten-free pastas tend to get mushy and fall apart if they’re overcooked. If you don’t have an 8-inch springform pan, this can be made in a 9-inch deep-dish pie plate.

8 ounces gluten-free spaghetti  
1 tablespoon olive oil  
1 medium onion, minced  
4 cloves garlic, minced  
1/4 cup minced fresh parsley  
1 tablespoon lemon juice  
1-1/2 teaspoons + 1 teaspoon Italian seasoning  
1/4 teaspoon black pepper  
1 large egg white  
3/4 cup low-fat small curd cottage cheese  
2 tablespoons + 2 tablespoons grated Parmesan cheese  
2 tomatoes, sliced thin  
1/2 cup shredded low-fat mozzarella cheese

- 1 Preheat oven to 350 degrees.
- 2 In a large saucepan, cook the spaghetti in boiling water as the package directs. Rinse well under cold water then drain. Return the drained pasta to the saucepan.
- 3 In a small skillet, sauté the onion and garlic in the olive oil over medium heat about 5 minutes or until the onion is soft, stirring occasionally. Add the onion and garlic to the pasta along with the parsley and lemon juice, 1-1/2 teaspoons Italian seasoning and pepper. Toss well.
- 4 In a small bowl, whisk the egg white slightly then stir in the cottage cheese, 2 tablespoons Parmesan cheese, and the remaining 1 teaspoon Italian seasoning. Add the cheese mixture to the pasta and toss well.
- 5 Spray an 8-inch springform pan well with nonstick spray. Spoon half of the spaghetti mixture into the pan; press lightly to compact it slightly.
- 6 Arrange half of the tomato slices on top of the first layer of pasta then sprinkle with half of the mozzarella cheese. Repeat the layers, sprinkling the remaining 2 tablespoons Parmesan cheese on top.
- 7 Cover the pan with foil and bake for 55 minutes or until set. Remove the foil and bake 5 minutes longer. Cool 10 minutes then cut around the edge of the pie with a thin knife before removing the side. Cut the pie into 8 wedges. Makes 8 servings.

Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
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