

## **SPINACH PIES**

*(slightly modified from [The Washington Post](#))*

(5 to 6 tartlet pans, about 4.5 inches in diameter)

20 ounces fresh baby spinach, rinsed  
1 medium shallot, chopped  
2 large eggs, beaten  
10 ounces small-curd, low-fat cottage cheese  
10 ounces grated Parmigiano-Reggiano cheese  
1/4 teaspoon freshly ground black pepper  
1/4 teaspoon freshly grated nutmeg

Set a steamer basket above simmering water. Place half of the spinach in the steamer. Cover and steam until just wilted, then drain and coarsely chop. Press with paper towels to remove as much moisture from the spinach as possible, then transfer to a large bowl. Repeat with the remaining spinach.

Heat oven to 350 degrees. Use cooking oil spray to grease the tartlet pans, then arrange them on a baking sheet. Add the diced shallot to the spinach, along with the eggs, cottage cheese, Parmigiano-Reggiano, pepper and nutmeg; stir to blend well. Divide evenly among the tartlet pans. Bake for 30 to 35 minutes, until browned on the edges and set in the center.

Wait 5 minutes before removing the little pies from the pans. Serve warm or at room temperature.