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Deep Dish Baked Spaghetti Pie



Makes:

8

Utensil:

3 Qt. Ultimate Culinaire with Cover (Limited Edition)
Saladmaster Food Processor
medium mixing bowl
Rate
Recipe:

Contributed By:

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Recipe Description:

Cooked spaghetti, with vegetables, shredded cheese and tomato sauce is a family friendly dinner that is easy to make. Mix all of the ingredients and bake in the Ultimate Culinaire. Unmold the pie onto a serving platter for an impressive meal or serve it right out of the pan.

12 oz
spaghetti, whole grain or semolina
2 eggs, whole
(8
g)
¼ cup
parmesan cheese, grated, use Cone #2
(25
g)
1 tsp
basil, dry
(2/3
g)
1 cup
mushrooms, sliced, use Cone #4
(86
g)
1 small onion, sliced, use Cone #4
1 medium zucchini, shredded, use Cone #2
1 ½ cup
tomato sauce
(353 1/3
ml)
1 cup
mozzarella cheese, shredded, use Cone #2
(113
g)

2 tbsp
parsley, fresh, chopped
(7 2/3
g)

Directions:

1. Cook spaghetti according to package directions until al dente, drain and shake off excess water. Place spaghetti in bowl.
2. In a small bowl whisk eggs until combined.
3. When spaghetti has cooled slightly add eggs, parmesan cheese, basil, mushrooms, onion, zucchini, tomato sauce and ½ cup of mozzarella cheese. Stir to combine.
4. Lightly spray the inside of Ultimate Culinaire with coconut oil or vegetable oil spray.
5. Pack spaghetti mixture into Ultimate Culinaire, evening out the top. Sprinkle remaining mozzarella cheese on top.
6. Place lid on Ultimate Culinaire and turn heat to medium. When Vapo-Valve™ begins to click steadily turn heat to low.
7. Cook for 35-40 minutes until everything is cooked through and bubbling.
8. Turn heat off and let spaghetti pie rest for 15 minutes.
9. Carefully loosen spaghetti pie, around edges of pan with dull knife or metal kitchen spatula.
10. Place a large round serving platter over top of Ultimate Culinare and carefully flip over, shake gently to loosen pie onto platter. Garnish spaghetti pie with a sprinkle of parmesan cheese and fresh parsley. To serve carefully cut pie into wedges with a serrated knife. Serve spaghetti pie warm or at room temperature as is or with extra tomato sauce.

Tips:

- Substitute vegetables for your favorites, broccoli, peas, peppers or use leftover cooked vegetables.
- Substitute spaghetti for brown rice spaghetti for a gluten free entrée.
- Serve Spaghetti Pie with a large mixed green salad.

Calories: 130
Fat: 5g
Saturated Fat: 2g
Cholesterol: 60mg
Sodium: 407mg
Carbohydrate: 12g
Fiber: 2g
Sugar: 3g
Protein: 8g
