

Leek Pie

Ingredients

6 medium leeks
3 T. olive oil
3/4 C. whole-wheat flour
1 t. salt
pepper to taste
4 eggs, beaten
1 C. milk
1/2 lb. feta, crumbled

Preparation

Preheat the oven to 375°F. Strip all the coarse outer leaves and the tops from the leeks. Wash them, then slice the white and tender green parts into 1/2-inch discs. In a frying pan, heat the oil over a medium burner and saute the leeks in it for 5-6 minutes or until they are slightly tender. Do not let them take more than a little color.

In a mixing bowl, combine the flour, salt and pepper and make a well in the center into which you pour the beaten eggs and milk. Whisk until smooth -- about 1 minute -- then stir in the crumbled feta and leeks.

Grease a 9-inch quiche dish or pie pan with olive oil, then pour in the mixture. Bake for 45-50 minutes or until a knife blade inserted in the center comes out clean. This pie can be served warm or cold. If serving warm, let it rest for 5-10 minutes before cutting it.

Serves 6.

Note: This quick pie has no pastry crust, but during cooking the edges develop a crustlike texture. You can add other ingredients like bacon or other greens to add to the substance if you wish.