

Savoury Cheese Pie

- 1 T butter or vegetable oil
- 1 small onion, chopped
- 1 1/2 c each sharp cheddar and low-fat mozzarella cheese, shredded (or cheeses of your choice)
- 2 T flour
- 4 large eggs
- 1 c milk
- 1/2 t each Worcestershire sauce, mustard powder, salt, freshly ground pepper
- 1 tomato, thinly sliced
- 1 T fresh oregano, chopped or 1 t dry oregano

Preheat oven to 350F. Lightly grease a 9-inch pie plate. Melt the butter in a small skillet, then sauté the onion until softened, but not browned. Transfer the onion to a large bowl. Mix in the cheeses and flour with a fork. Spread the mixture into the pie plate.

In a second large bowl beat the eggs, then add the milk, Worcestershire sauce, mustard powder, salt and pepper. Pour over cheese mixture. Top with tomatoes and oregano. Bake for 35 to 40 minutes until top is lightly browned. Let stand for 10 minutes before cutting.

Jittery Cook