



## Tomato-Corn Pie

Servings	4 servings
Prep Time	1 hour, 0 minutes
Cook Time	0 hours, 50 minutes

### Summary

Adapted from Eating Well -- which is usually a pretty reliable source for healthy recipes that are also delicious -- this original dish was a little too low fat for its own good. The egg-to-milk mixture in the quiche-but-not-quite-quiche pie didn't quite solidify and instead was crumbly. But the corn and tomato combination was fantastic. Therefore, I've added a bit more fat by increasing the amount of eggs, but still think this is a healthy dish that anyone could be proud to serve to their family, perhaps with a nice green salad alongside. NOTE: Buy a premade pie crust to make the recipe super-duper easy.

### Ingredients

#### For the crust:

3/4 cup whole-wheat flour  
5 eggs  
1/2 cups low-fat milk (or up to 2/3 cup)  
1/2 cup shredded sharp Cheddar cheese, divided  
2 medium tomatoes, sliced  
1 cup fresh corn kernels (about 1 large ear) or frozen  
1 Tablespoon fresh thyme, or 1 teaspoon dried  
1/2 teaspoon salt, divided  
1/4 teaspoon pepper

#### For the filling:

5 eggs  
1/2 cup low-fat milk (or up to 2/3 cup to thin, if necessary)  
2 medium tomatoes, sliced  
1 cup fresh corn kernels (about 1 large ear) or frozen  
1 Tablespoon chopped fresh thyme or 1 teaspoon dried  
1/2 teaspoon salt, divided  
1/4 teaspoon pepper

### Instructions

1. To prepare crust: Combine whole-wheat flour, all-purpose flour, 1/2 teaspoon each salt and pepper in a large bowl. Make a well in the center, add oil and water and gradually stir them in to form a soft dough. Wrap the dough in plastic and chill in the refrigerator for 15 minutes.
2. Preheat oven to 400°F. Roll the dough into a 12-inch circle on a lightly floured surface. Transfer to a 9-inch pie pan, preferably deep-dish, and press into the bottom and up the sides. Trim any overhanging crust. Line the dough with a piece of foil or parchment paper large enough to lift out easily; fill evenly with pie weights or dry beans. Bake for 20 minutes. Remove the foil or paper and weights. Let cool on a wire rack for at least 10 minutes or up to 1 hour.
3. To prepare filling: Whisk eggs and milk in a medium bowl. Sprinkle half the cheese over the crust, then layer half the tomatoes evenly over the cheese. Sprinkle with corn, thyme, 1/4 teaspoon each salt and pepper and the remaining 1/4 cup cheese. Layer the remaining tomatoes on top and sprinkle with the remaining 1/4 teaspoon salt. Pour the egg mixture over the top.
4. Bake the pie until a knife inserted in the center comes out clean, 40 to 50 minutes. Let cool for 20 minutes before serving.

### Sources

Eating Well -

[http://www.eatingwell.com/recipes/tomato\\_corn\\_pie.html](http://www.eatingwell.com/recipes/tomato_corn_pie.html)