

**Tupperware®**

Serves: 4 • Serving size: 2 wedges



PREP: 10 minutes  
COOK: 15-20 minutes  
+ 10 minute stand time

## Garlic Spaghetti PIE

---

2 cups planover Garlic Sun-dried Tomato Pasta  
6 eggs  
¼ tsp. kosher salt  
½ cup shredded Parmesan or provolone cheese  
¼ cup chopped onion  
1 cup shredded kale

1. Preheat oven to 375° F/190° C.
2. In a large bowl, beat eggs until well blended. Stir in salt, pasta, Parmesan, onion and kale.
3. Transfer to the UltraPro 9"/23 cm Round Pan. Bake 15–20 minutes or until egg is set. Remove from oven and let stand 10 minutes before slicing.

Nutritional Information (per serving):  
Calories: 340 Total Fat: 10g Saturated Fat: 4g Cholesterol: 205mg  
Sodium: 820mg Carbohydrate: 46g Fiber: 4g Sugar: 10g Protein: 20g  
Vitamin A: 60% Vitamin C: 45% Calcium: 25% Iron: 25%

**Tupperware®**

Serves: 4 • Serving size: 2 wedges



PREP: 10 minutes  
COOK: 15-20 minutes  
+ 10 minute stand time

## Garlic Spaghetti PIE

---

2 cups planover Garlic Sun-dried Tomato Pasta  
6 eggs  
¼ tsp. kosher salt  
½ cup shredded Parmesan or provolone cheese  
¼ cup chopped onion  
1 cup shredded kale

1. Preheat oven to 375° F/190° C.
2. In a large bowl, beat eggs until well blended. Stir in salt, pasta, Parmesan, onion and kale.
3. Transfer to the UltraPro 9"/23 cm Round Pan. Bake 15–20 minutes or until egg is set. Remove from oven and let stand 10 minutes before slicing.

Nutritional Information (per serving):  
Calories: 340 Total Fat: 10g Saturated Fat: 4g Cholesterol: 205mg  
Sodium: 820mg Carbohydrate: 46g Fiber: 4g Sugar: 10g Protein: 20g  
Vitamin A: 60% Vitamin C: 45% Calcium: 25% Iron: 25%

**Tupperware®**

Serves: 4 • Serving size: 2 wedges



PREP: 10 minutes  
COOK: 15-20 minutes  
+ 10 minute stand time

## Garlic Spaghetti PIE

---

2 cups planover Garlic Sun-dried Tomato Pasta  
6 eggs  
¼ tsp. kosher salt  
½ cup shredded Parmesan or provolone cheese  
¼ cup chopped onion  
1 cup shredded kale

1. Preheat oven to 375° F/190° C.
2. In a large bowl, beat eggs until well blended. Stir in salt, pasta, Parmesan, onion and kale.
3. Transfer to the UltraPro 9"/23 cm Round Pan. Bake 15–20 minutes or until egg is set. Remove from oven and let stand 10 minutes before slicing.

Nutritional Information (per serving):  
Calories: 340 Total Fat: 10g Saturated Fat: 4g Cholesterol: 205mg  
Sodium: 820mg Carbohydrate: 46g Fiber: 4g Sugar: 10g Protein: 20g  
Vitamin A: 60% Vitamin C: 45% Calcium: 25% Iron: 25%