



PASTIERA (PASTA EGG BAKE)

Pastiera is traditionally an Italian-style Easter cake that is sweetened and made with ricotta cheese. This recipe is a savory spin on this classic dish and is packed with protein from the eggs and milk. Lactose-free milk and cheese can be used for those experiencing lactose intolerance. Spaghetti squash is also a great substitution for pasta noodles as a lower carbohydrate alternative or for those looking to add a tolerable vegetable component.

Yield: 8 servings

INGREDIENTS:

- 12 eggs, beaten (may substitute for lower fat pasteurized liquid egg product)
- 2 cups of milk (substitute non-fat or reduced fat milk if experiencing fat intolerance)
- Salt and pepper to taste
- 1 cup of grated Parmesan cheese
- Perciatelli (aka Bucatini or #6 macaroni spaghetti with a hole running through)

DIRECTIONS:

1. Preheat oven to 250°. Spray a rectangular 9x13" baking dish with nonfat cooking spray.
2. Cook pasta according to package directions.
3. Mix beaten eggs with milk, salt, pepper, and cheese while macaroni is cooking.
4. Combine together in the 9x13" baking dish.
5. Bake at 250° for 10 minutes, and then increase oven temperature to 350° for 25-30 minutes.
6. Cut into 8 pieces, or smaller as a side dish.

NUTRITIONAL DATA:

Nutritional Data: 378 calories, 11.5 grams fat, 4.6 grams saturated fat, 259 mg cholesterol, 48.5 grams carbohydrate, 2 grams dietary fiber, 21.4 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*

