

TOMATO-CORN PIE

From your box: tomatoes, corn, thyme

CRUST

3/4 cup whole-wheat flour
3/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
1/3 cup extra-virgin olive oil
5 tablespoons cold water

FILLING

3 large eggs
1 cup low-fat milk
1/2 cup shredded sharp Cheddar cheese, divided
2 medium tomatoes, sliced
1 cup fresh corn kernels
1 tablespoon chopped fresh thyme
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground pepper

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.

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.

To prepare filling: Whisk eggs and milk in a medium bowl. Sprinkle half the cheese over the crust and 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. Bake the pie until a knife inserted in the center comes out clean, 40 to 50 minutes. Let cool for 20 minutes before serving.

Adapted from eatingwell.com