



Spinach Egg Bake

An egg bake, also known as a frittata, is an easy-to-prepare dish providing a perfect opportunity to encourage children to eat vegetables. Eggs are used in frittata-like dishes in many parts of the world. In Europe, it is rarely served in restaurants but commonly in the home.

Makes: 6 servings **Prep time:** 20 minutes
Cook time: 17 minutes

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INGREDIENTS

2¼ cups spinach, frozen, chopped, thawed, and drained

6 eggs, large

1 tablespoon feta cheese, crumbled

1 teaspoon onions, dehydrated, chopped

½ teaspoon black pepper, ground

½ teaspoon salt, table

Nonstick cooking spray

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DIRECTIONS

1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package direction or by placing under cool running water.
3. Drain excess water from spinach (see chef tip, next page).
4. Whisk eggs in a small mixing bowl. Add feta cheese, dehydrated onions, salt, and black pepper. Mix well (see chef tips, next page).
5. Lightly coat medium baking dish (about 8" x 8") with nonstick cooking spray.
6. Spread spinach evenly on the bottom of the baking dish.
7. Top spinach with egg mixture. Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon. Place baking dish into the oven. Bake for 15 minutes at 350 °F to an internal temperature of 160 °F or higher for at least 15 seconds.
8. Broil on high for 2 minutes or until the eggs are set and the top is a light to golden brown color. Remove immediately to prevent burning. Caution: use a hot pad, as dish will be very hot.
9. Cut into 6 even pieces; each piece should be about 2" x 3¾". Serve immediately.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1 piece (2" x 3¾").

Nutrients	Amount
Calories	115
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	171 mg
Sodium	203 mg
Total Carbohydrate	4 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	127 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

1 piece provides 2 oz equivalent meat alternate and ¼ cup vegetable.

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CHEF TIPS

Before whisking, puncture each egg yolk with a fork to make whisking faster and easier.

1 ¼ cup of whole liquid eggs can be substituted for fresh eggs.

It is very important to squeeze moisture from the spinach to obtain optimal firmness, texture, and color in your egg bake.

Variation

Swiss, cheddar, or ricotta cheese is a great substitute for the feta.