



## Spinach Egg Bake

An egg bake, also known as a frittata, is an easy-to-prepare dish that provides 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

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**2¼ cups** spinach, frozen, chopped

**6** eggs, large, whole

**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

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1. Preheat oven to 350 °F.
2. Thaw spinach in the microwave using package directions or by placing under cool running water.
3. Drain excess water from spinach (see chef tips, 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. Dish should reach 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.
10. Serve 1 piece (2" x 3¾") immediately.

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

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## NUTRITION INFORMATION

For 1 piece (2" x 3¾").

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>115</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	171 mg
<b>Sodium</b>	<b>203 mg</b>
<b>Total Carbohydrate</b>	<b>4 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
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 eggs, 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. Wet spinach may turn the egg bake green.

### **Variation**

Swiss, cheddar, or ricotta cheese are great substitutes for the feta.