

Spinach Egg Bake

Green onions, spinach, and cheese are added to this classic oven-baked egg dish. Try using Feta, Cheddar, Swiss, or ricotta cheese for variety

Serves: 6 Calories per Serving: 121



Eggs



Spinach



Green Onions



Cheese



Vegetable Oil

Ingredients:

- 8 eggs
- 2 cups Spinach, finely chopped
- 4 Green Onions, white and green parts chopped
- 1/4 cup Cheese, shredded or crumbled
- 2 tsp vegetable oil
- Salt and Pepper

Make and Take Garden Fresh Meal Kit



1. Preheat the oven to 350 degrees
2. Put the eggs, salt, and pepper in the mixing bowl and, stir with a fork until well combined.
3. Add green onions, spinach, and cheese and mix well.
4. Put an 8-inch ovenproof skillet on the stove over medium heat and when hot, add oil.
5. Pour the egg mixture into the skillet and carefully transfer to the oven. Bake until the eggs are set and the top is golden, about 30 minutes.
6. Serve right away or cover and refrigerate overnight.

Source: USDA Center for Nutrition Policy and Promotion