SPINACH EGG BAKE

INGREDIENTS

Serves: 4 | Serving Size: 1/4 of spinach egg bake

- Fresh spinach: 8 ounces
- Onion: 1/2 medium
- Italian seasoning: 1 teaspoon
- No salt added corn: 1/2 cup
- No salt added diced tomato: 1/2 cup
- No salt added white beans: 1/2 cup
- Shredded cheddar cheese: 1/3 cup
- Whole eggs: 6 each

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INSTRUCTIONS

1. PREHEAT OVEN & PREP ONION

Preheat oven to 375 degrees Fahrenheit. Grease medium skillet and a 9-inch pie pan or casserole dish with oil. Dice onion.

2. PREPARE CANNED VEGETABLES

Drain the tomatoes. Drain and rinse white beans and corn.

3. SAUTE VEGETABLES

Heat skillet to medium heat and add onion, spinach, and seasoning. Sauté for 5 minutes until onion is soft and spinach is wilted.

4. ADD BEANS & VEGETABLES

Mix in corn, beans, and tomatoes, and remove skillet from heat. Let cool.

5. PREPARE EGG BAKE

Pour the skillet mixture into the pie pan. Sprinkle the cheese on the mixture.

6. BAKE THE EGGS

Whisk the 6 eggs in a bowl and pour over mixture in pie pan. Mix evenly so vegetables are mostly covered. Bake for 20-30 minutes or until eggs are fully cooked.

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th>Calories: 200</th>
<th>Total Carbohydrate: 18g</th>
<th>Protein: 16g</th>
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</thead>
<tbody>
<tr>
<td>Total Fat: 7g</td>
<td>Dietary Fiber: 4g</td>
<td>Sodium: 270mg</td>
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