

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

INSTRUCTIONS

1. PREHEAT OVEN & PREP ONION



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

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.

5. PREPARE EGG BAKE



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

2. PREPARE CANNED VEGETABLES



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

4. ADD BEANS & VEGETABLES



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

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

Calories: 200

Total Carbohydrate: 18g

Protein: 16g

Total Fat: 7g

Dietary Fiber: 4g

Sodium: 270mg

LOWCOUNTRY FOOD BANK

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