



Spinach-Mozzarella Egg Bake

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: ~5-inch square piece

Ingredients

Nonstick cooking spray

½ medium onion, chopped (about ½ cup)

1 large tomato, diced (about 1½ cups)

5 ounces spinach, roughly chopped (about 5 cups fresh or 1¼ cups frozen)

12 large eggs

¾ cup lowfat (1%) milk

1 tablespoon Italian seasoning blend

1 (15-ounce) can no-salt-added cannellini beans, drained and rinsed

1 cup shredded part-skim mozzarella cheese

Directions

1. Preheat the oven to 375°F.
2. Spray a 13x9-inch baking dish with nonstick spray. Set aside.
3. Heat a nonstick skillet or sauté pan over medium heat.
4. Spray the pan with nonstick spray, then add the onion, tomato, and spinach. Cook, stirring often, just until the spinach is wilted (or thawed if frozen), about 2-5 minutes. Remove the pan from the heat and set aside.
5. In a large mixing bowl, gently whisk together the eggs, milk, and Italian seasoning.
6. Add the cooked vegetable mixture, beans, and cheese to the egg mixture. Stir to combine.
7. Pour the egg mixture into the prepared baking dish, spreading it evenly over the bottom of the dish.
8. Place in the oven and bake until the mixture is completely set and just starting to brown, about 25-35 minutes.
9. Let cool in the pan for 5 minutes, then cut and serve warm.

Recipe Notes

- Change out the vegetables, cheese, or seasoning for different flavor combinations if desired.
- Store any leftovers in the refrigerator for up to 4 days, reheating each portion in the microwave.

Nutrition Facts Per Serving: Calories: 200 | Total Fat: 10.5 g | Saturated Fat: 3.5 g
Sodium: 200 mg | Total Carbohydrate: 10 g | Dietary Fiber: 2.5 g | Protein: 16 g

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