



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 some parts of Europe, it is rarely served in restaurants but commonly prepared in the home.

CACFP CREDITING INFORMATION

1 piece provides 2 oz equivalent meat alternate and ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 350 °F.
Spinach, frozen, chopped, thawed, drained	4 lb 9 oz	2 qt 2½ cup	9 lb 2 oz	5 qt 1 cup	2 Spinach can be thawed in the microwave using package directions or by placing under cool, running water. See Chef Tips (p. 3).
Eggs		25 large OR 1 qt 1¼ cup		50 large OR 2 qt 2½ cup	3 Whisk eggs in a large mixing bowl.
Feta cheese, crumbled	2 oz	¼ cup		½ cup	4 Add feta cheese, dehydrated onions, salt, and black pepper. Mix well.
Onions, dehydrated, chopped		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

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Black pepper, ground		½ tsp		1 tsp	
Salt, table		½ tsp		1 tsp	
Nonstick cooking spray		1 spray		2 sprays	<p>5 Assembly: Lightly coat steam table pan (or pans) (12" x 20" x 2½") with nonstick cooking spray.</p> <p>For 25 servings, use 1 pan. Spread 4 lb 9 oz (2 qt 2½ cup) of spinach evenly on the bottom of the pan. For 50 servings, use 2 pans. Divide 9 lb 2 oz (5 qt 1 cup) of spinach into equal portions. Spread each portion evenly on the bottom of each pan.</p>
					<p>6 Top each pan of spinach with the egg mixture. If using two pans, each pan should have about 5½ cups of the egg mixture.</p>
					<p>7 Keep the vegetables spread evenly by slightly stirring the mixture with a spatula or spoon.</p>
					<p>8 Place steam table pan (or pans) in the oven.</p>
					<p>9 Bake for 30 minutes.</p>
					<p>10 Broil on high for 2 minutes or until the eggs are set and the top is a light golden brown. Remove immediately to prevent burning. Caution: Use hot pads as pan (or pans) will be very hot.</p> <p>Critical Control Point: Heat to 160 °F or higher for at least 15 seconds.</p>
					<p>11 Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3¾").</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For 1 piece (2" x 3¾").

NUTRIENTS	AMOUNT
Calories	115
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	171 mg
Sodium	203 mg
Total Carbohydrate	4 g
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	127 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

NOTES

Variations

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

Liquid whole eggs may be substituted for fresh eggs.

Chef Tips

Before whisking eggs, puncture each egg yolk with a fork to make whisking faster and easier.

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.

YIELD/VOLUME

25 Servings	50 Servings
4 lb ¼ oz 1 steam table pan	8 lb ½ oz 2 steam table pans

