

Baked Eggs and Spinach

It only takes four ingredients to make this tasty egg dish that can be served for any meal. Even a novice cook can assemble the ingredients in a few minutes.

Serves: 4

Serving size: 1 ramekin

One 10-ounce package frozen chopped spinach, thawed and squeezed dry

4 large eggs

¼ cup chunky salsa

¼ cup shredded jack cheese

Nonstick cooking spray



Directions:

1. Preheat oven to 325°F.
2. Spray four 6-ounce ramekins or custard cups with nonstick cooking spray. Arrange the dishes on a baking sheet.
3. Divide the spinach evenly between the ramekins or custard cups. Press a hole into the center of each with the back of a spoon.
4. Crack each egg and slip into the hole.
5. Spoon the salsa around the egg. Sprinkle the cheese on top of the salsa.
6. Bake for 30 minutes or until the whites are set and yolk begins to thicken but is not hard.

Per serving: 120 calories, 10g protein, 7g fat (3g saturated), 195mg cholesterol, 4g carbohydrate, 2g fiber, 1g sugar, 260mg sodium

% Daily Value: Vitamin A 140% Vitamin C 2% Calcium 15% Iron 10%

Recipe courtesy of Oldways and The American Egg Board