

Baked Eggs and Spinach

Serves 4

Preheat oven to 325°F

1 (10-ounce) package frozen, chopped spinach,
defrosted, squeeze dry

4 eggs

¼ cup chunky salsa

¼ cup shredded Monterey Jack cheese



1. Thaw spinach in the refrigerator.
2. Press out water by wrapping clean paper towels or clean cheesecloth.
3. Heat the oven to 325°F.
4. Divide the spinach evenly among four, oiled 6-ounce ramekins or small oven proof bowls.
5. Press an indentation (about 2-inches in diameter) into the center of each helping of spinach with the back of a spoon. Arrange the ramekins on a baking sheet.
6. Break an egg and slip it into each indentation. Top each egg evenly with 1 tablespoon salsa, then one tablespoon cheese.
7. Bake for about 20-25 minutes, until the whites are completely set and the yolks begin to thicken but are not hard.

Nutritional Analysis: Calories: 121, Fat: 7g, Saturated Fat: 3g, Sodium: 277mg, Carbohydrates: 4g, Fiber: 2g, Protein: 10g

Courtesy of American Egg Board/Egg Nutrition Center