Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting
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Spring recipe: breakfast
Food components used: vegetables, meat/meat alternate
Specialty crop: spinach

Spinach Egg Bake				
Ingredients	**8 servings**		**25 servings**	
	Measure	Weight	Measure	Weight
Spinach, fresh, chopped	3.75 cups fresh	1 lb 8 oz frozen	11 cups fresh	4 lbs 9 oz frozen
Eggs, fresh	8 large or 1 ¾ cups		25 large or 5 ¼ cups	
Feta cheese, crumbled	⅛ cup	1 oz	¼ cup	2 oz
Onions, chopped (for flavor)	¼ cup		¾ cup	
Black pepper	⅙ tsp		½ tsp	
Salt	⅙ tsp		½ tsp	
Nonstick cooking spray	1 spray		1 spray	

Directions:

1. Preheat oven to 350 °F in a conventional oven.
2. Wash and chop spinach into small pieces.
3. Whisk eggs in a large mixing bowl.
4. Add feta cheese, onions, salt, and black pepper. Mix well.
5. Lightly coat steam table pan(s) (12” x 20” x 2 1/2”) with nonstick cooking spray. Spread spinach evenly on the bottom of the pan.
6. Top each pan of spinach with the egg mixture, mix well to ensure no spinach is uncovered.
7. Place steam table pan(s) in the oven.
8. Bake for 30 minutes or until set.
9. 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.
10. **Critical Control Point: Heat to 160 °F or higher for at least 15 seconds.**
11. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4").
12. **Critical Control Point: Hold at 140 °F or higher**

Serving Sizes for **Breakfast**

Age Group	**Serving Size**
Ages 1-2	1 piece (2" x 3 3/4").
Ages 3-5	2 pieces (2" x 3 3/4").

Tips:

- Any size pan that works for your facility will suffice. Hotel pans are a great option for making this egg bake.
- Swiss, cheddar, or ricotta cheese is a great substitute for the feta.

Meal Component Contribution Based on Portion Size

1 piece provides 2 oz. equivalent meat/meat alternate and 1/4 cup vegetable.

NOTE: The number of servings is based on 2 (2" x 3 3/4") pieces portion for Ages 3-5; Number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 4 oz equivalent meat/meat alternate + ½ cup vegetables per portion. Recipe adapted from Child Nutrition Recipe Box.