



From Our Kitchen to Yours

Whole Health presents monthly recipes from your VA Dietitians

APRIL 2020

Spinach and Mozzarella Egg Bake

Servings: 6

Servings Size: 1/6 of pan

Source: Dietitians Emily Walker and Elizabeth Ollendike

Ingredients:

✓ 1 small can mushrooms,
drained and rinsed

✓ 5 oz spinach

✓ 1/3 c chopped onion

✓ 1 ½ c shredded part skim moz-
zarella cheese, grated

✓ 2 c egg substitute

✓ Mrs. Dash to taste



Directions:

1. Preheat oven to 375°F. Spray a 13-inch x 9-inch glass or crockery casserole dish with non-stick spray.
2. Spray a pan, add onion, mushrooms and spinach all at once, and stir just until the spinach is wilted, about 2 minutes.
3. Transfer to the casserole dish, spreading it around so all the bottom of the dish is covered.
4. Layer the grated cheese on top of the spinach mix.
5. Beat the eggs with Mrs. Dash. Pour the egg mixture over the cheese and then use a fork to gently stir so the eggs, spinach, onion, mushrooms and cheese are evenly combined.
6. Bake about 35 minutes or until the mixture is completely set and starting to lightly brown.
7. Let cool about 5 minutes before cutting. Serve hot.

Food for Thought:

Spinach is high in fiber, calcium, iron and vitamin C as well as low in calories. Foods like this can support a healthy weight and have been linked to improved glucose control.

<https://www.niddk.nih.gov/health-information/diabetes?dkrd=lgdmn0026>



Nutritional Info:

Calories: 137

Fat: 6g

Carbohydrate: 5g

Sodium: 368mg

Fiber: 1g

Protein: 16g

Tips:

✓ Consider adding or replacing other fresh vegetables for some variety.

✓ Consider adding a lean meat for extra protein.

Want more?

Go to the VA Nutrition and Food Service page.

[Nutrition.va.gov](https://www.nutrition.va.gov)