

Dairy is a Local Food



It takes about 48 hours for *milk* to travel from the farm to the grocery store!

dairymakessense.com



Potato and Spinach Egg Bake

Servings: 6

Prep time: 20 minutes

Cook time: 60 minutes



Ingredients:

6 beaten eggs

3 cups low-fat milk

1 cup low-fat shredded Mozzarella cheese

1 teaspoon dried ground mustard

6 slices whole wheat bread, cubed

1 cup chopped onion

1 chopped red or green pepper

1 (10 ounce) package frozen chopped spinach, thawed and drained well

1 cup peeled potatoes, thinly sliced

Directions:

1. In a large bowl mix eggs, milk, cheese, and mustard together with a fork.
2. Add bread, onion, pepper, spinach and potato; stir until the bread is wet.
3. Cover bowl and refrigerate 12 hours or overnight (optional).
4. Preheat oven to 350 degrees.
5. Pour into a 9×13-inch baking dish and bake for 1 hour or until eggs are set and knife in center comes out clean.
6. Let stand 10 minutes before serving.

Nutrition Facts Per Serving: Calories: 410 Total Fat: 9 g Saturated fat: 3.5 g
Cholesterol: 195 mg Sodium: 460 mg Carbohydrates: 62 g Dietary Fiber: 7 g
Protein: 23 g Calcium: 35% Daily Value

This recipe card is printed with permission by the Midwest Dairy Council.

Missouri Department of Health and Senior Services • 573-751-6204 • health.mo.gov/wic
An equal opportunity/affirmative action employer. Services provided on a nondiscriminatory basis.
USDA is an equal opportunity provider and employer.

