



Spinach, Feta and Artichoke Bake

Makes 8 servings

Ingredients

One 10-ounce package frozen chopped spinach, thawed,
all excess liquid squeezed out
½ cup scallions, finely chopped
¾ cup canned artichokes, chopped, drained and patted dry
⅓ cup diced red pepper
1 clove garlic, minced
1 tablespoon fresh dill, chopped

8 large eggs
4 egg whites
¼ cup fat-free milk
2 tablespoons grated Parmesan cheese
1¼ teaspoon kosher salt
¼ teaspoon ground pepper
½ cup crumbled feta cheese

Instructions

1. Preheat the oven to 375 degrees. Spray a 13-by-9-inch casserole dish with nonstick spray.
2. In a small bowl, combine spinach, scallions, artichoke, red pepper, garlic and dill. Pour into the casserole dish, spreading evenly.
3. In another bowl, whisk together the eggs, egg whites, milk, Parmesan, salt and pepper. Mix in feta cheese and pour over vegetables.
4. Bake until a knife inserted near the center comes out clean, 32 to 35 minutes.
5. Let stand 8 to 10 minutes before cutting into 8 pieces.

Nutrition Facts

Serving size: ⅛ of casserole; calories per serving: 128; total fat: 7g; saturated fat: 3g; cholesterol: 196mg; sodium: 439g; carbohydrates: 4g; fiber: 1g; sugars: 1g; protein: 11g

Source: www.skinnytaste.com

