

Happy National Spinach Day!

MARCH 26, 2025

Did you know?

Spinach is packed with iron, fiber, calcium, and vitamins A & C—giving your body a nutritious boost!



Swipe for a delicious way to enjoy spinach!



Spinach Frittata Muffins

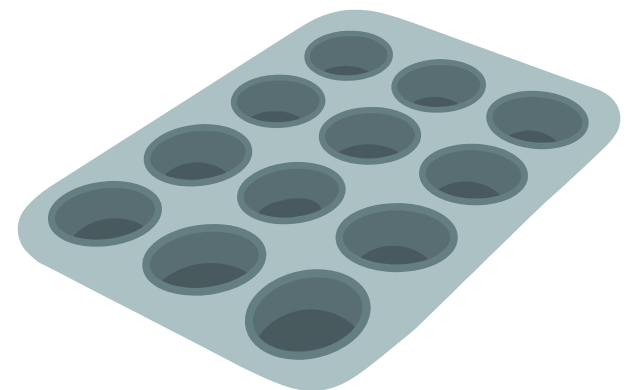
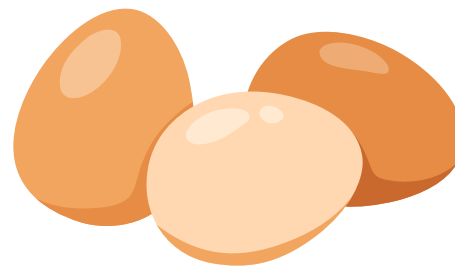
MAKES 6-8 SERVINGS

INGREDIENTS:

- Cooking spray
- 8 large eggs
- 2 cups (packed) spinach leaves, chopped
- 1/2 cup shredded or crumbled cheese, such as cheddar, Swiss, feta, or Parmesan
- 4 scallions (green onions), greens and whites, chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

EQUIPMENT:

- Medium Mixing Bowl
- Muffin Tin
- Cutting Board & Knife
- Measuring Cups & Spoons



Spinach Frittata

Muffins

STEPS:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Grease 8 of the muffin tin cups with cooking spray.
3. Crack the eggs into the bowl, and beat them with a fork or whisk until pale yellow. Add the remaining ingredients and mix well.
4. Fill 6 to 8 muffin cups to the top. Carefully move the tin into the oven.
5. Bake until the top is golden and the eggs are set, 20-25 minutes. (To see if the eggs are set, use pot holders to jiggle the tin back and forth: you should not see the eggs moving around in the center).
6. Remove the tin carefully from the oven and set aside to cool.
7. Once the “muffins” have cooled a bit, tip them out of the tin onto the plate. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

Spinach Frittata Muffins

FINISHED PRODUCT:



**CHECK OUT OUR REELS FOR A
STEP-BY-STEP VIDEO OF THIS
RECIPE IN ACTION!**