



# JERSEY TASTES!

## RECIPES

### Cheesy Spinach Squares



## INGREDIENTS:

### FAMILY-SIZE

**SERVES: 6-8**

**PORTION SIZE: 1 EACH**



- Non-Stick Cooking Spray
- 4 oz. or 1.5 cups Spinach, chopped
- 4 oz. Mushrooms, sliced
- 1 each 14.5 oz. can Tomatoes, diced & drained or 1 lb. fresh Tomatoes, diced
- 2 tablespoons Parmesan Cheese
- 4 oz. or 1 cup Part Skim Mozzarella Cheese, shredded
- 4 each Eggs, large
- 1/2 cup Low Fat Milk
- 1/2 teaspoon Garlic, minced



**Fun Fact:**  
Did you know NJ grows spinach in the Spring & Fall?

## DIRECTIONS:

- 1 Preheat oven to 350°F. Coat square pan with cooking spray. (food service 12" x 20" x 2.5" steam table pan)
- 2 Layer chopped spinach, sliced mushrooms & tomatoes in pan.
- 3 Sprinkle Parmesan & 1/2 of mozzarella cheese on top.
- 4 Whisk eggs, milk & garlic in bowl. Pour egg mixture into pan.

### SCHOOL FOOD SERVICE

**# PORTIONS: 24**

**PORTION SIZE: 1 EACH**



- Non-Stick Cooking Spray
- 1.75 lbs. Spinach, trimmed & chopped
- 1.5 lbs. Mushrooms, sliced
- 3/4 each #10 can Tomatoes, diced & drained or 3.25 lbs. fresh Tomatoes, diced
- 1/2 cup Parmesan Cheese
- 1 lb. or 4 cups Part Skim Mozzarella Cheese, shredded
- 16 each Eggs, large or 4 cups Whole Liquid Eggs
- 2 cups Low Fat Milk
- 2 teaspoons Garlic, minced



**Portion Size: 1 each = 1/8 c Veg/Dk. Green; 1/4 c Veg/Red-Orange; 1/8 c Veg/Other; 2 oz. Meat Alt.**

**GREAT BREAKFAST OR VEGETARIAN LUNCH ENTREE!**

- 5 Top with remaining mozzarella cheese.
- 6 Bake for 40-50 minutes until cheese is lightly browned. Cut pan into squares. (food service cut each pan 4 x 6)

[Click here for recipe video](https://www.youtube.com/watch?v=hwUL_xknZt4)  
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RECIPES MADE IN COLLABORATION WITH:

