SPINACH & KALE BREAKFAST BAKE

Recipe adapted from: https://spendsmart.extension.iastate.edu/recipe/easy-quiche/

INGREDIENTS
- 1 C of skim milk (non-dairy alternative of choice)
- 1/2 C biscuit mix
- 4 eggs, beaten
- 1/4 C grated cheese (cheddar, Colby jack, etc.)
- 1 C chopped spinach
- 1/2 C chopped kale
- 1 tsp black pepper
- 1 tsp salt
- 1 tsp cayenne pepper (optional)

TOOLS NEEDED
- Knife
- Cutting board
- Large bowl
- Whisk or spatula
- Cheese grater (optional)

PROCEDURE
- Preheat oven to 375 F. Lightly grease a 9” pie pan or baking dish.
- Mix milk, biscuit mix, eggs, spices, and cheese together in a large bowl.
- Mix in vegetables and let sit for 10 minutes.
- Pour mixture into greased pan.
- Bake for 35 to 40 minutes or until the middle is firm.
- Let sit for 10 minutes before serving.

NUTRITION INFORMATION
Looking to add more calcium to the diet? Leafy green vegetables like kale, spinach, and collard greens are good sources of calcium.