

# 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)

## NUTRITION INFORMATION

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

## 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.



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