



WEIGHT ★ NO ★ MORE DIET CENTERSM



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BAKED SPINACH-CHEESE DELIGHT

Basic Lifestyle

Ingredients

non-stick cooking spray
2 whole eggs plus 2 egg whites
3/4 cup 1% milk or low-fat soy milk
3 slices day-old light bread, cut into small triangles
1 cup fresh spinach, finely chopped
1/2 cup shredded Parmesan cheese

Instructions

1. Heat the oven to 350°.
2. Line the bottom of an 8-inch spring form pan with baking paper and spray with non-stick cooking spray.
3. In a medium bowl, whisk the eggs and egg whites until frothy. Add the milk, spinach and cheese. Stir to blend. Pour into the prepared pan.
4. Immerse the dried bread triangles in the mixture. After they are coated with the mixture, raise one point of each piece with a fork so that they peek out at the top. Bake uncovered until lightly browned, about 20-30 minutes. Remove from the oven and cool.
5. Loosen the edges by cutting around the outside with a knife. Remove from the pan and place on a heat proof plate.
6. Serve hot or at room temperature.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 3/4 cup = 1 P, 1/2 FT