



Spanakopita Egg Bites

January 5, 2023

Think of these as mini Spanakopita frittatas filled with that delicious Greek spinach mixture of baby spinach, onion and feta cheese.

Makes 12 Egg Bites

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 onion cut in half and sliced thinly
- 5-7 whole scallions, trimmed and roughly chopped
- 3 cloves of garlic, sliced
- Kosher salt and black pepper
- 1 pound baby spinach (16 ounces)
- 4 ounces Feta cheese, cubed
- 1/4 cup grated Parmesan
- 1/2 cup grated mozzarella
- 4-5 sprigs fresh thyme, leaves removed
- 8 large eggs
- 1/4 cup half and half
- 1/2 teaspoon sea salt
- Pinch of nutmeg
- Butter or olive oil to coat pans

Method:

1. Preheat the oven to 350°F.
2. Crack eggs into a bowl. Whisk the eggs, half and half, salt and nutmeg. Set aside in the refrigerator until the spinach filling is made and cooled.
3. Add olive oil to a heavy-duty 5 quart pot over medium heat. Add onion and garlic and cook with the lid on for about 10 minutes, stirring occasionally. Season with salt and pepper and add scallions.
4. Stir well and cook for about 2 minutes or until beginning to soften but the scallion tops are still bright green.

WHAT'S 4 DINNER?

#RECIPESTHATDISH

5. Add the baby spinach, 8-ounces or 1 bag at a time. Stir well and put the lid on the pot for 1-2 minutes to steam. The spinach will wilt and be reduced to a small amount. Stir well and repeat with the rest of the spinach.
 6. Stir well and when all the spinach is wilted and soft, Remove from heat and stir in the cheeses and the fresh thyme. Put the lid on and let it cool to room temperature.
 7. Taste the spinach and adjust the seasoning if necessary but remember that the eggs are salted so don't add too much salt.
 8. Grease a 12-cup muffin pan with olive oil. Divide the spinach-cheese mixture evenly between each muffin cup, then carefully pour egg mixture over tops until muffin tins are almost full (leave about 1/4-inch space). *Alternatively, double the egg mixture and divide among 24 muffin tins.*
 9. Mix each muffin cup with a fork to mix the egg and spinach-cheese mixture.
 10. Bake for 35-45 minutes or until a wooden pick inserted in the center of a muffin comes out clean. *Normally, egg cups take about 20-25 minutes but because the spinach has so much liquid in it, these take longer to bake. Watch your oven closely and check on them after about 25 minutes.*
 11. The egg muffins will look like a soufflé when they come out of the oven, but they will fall after a few minutes. Let them rest in the muffin tin for a few minutes before using a butter knife to release and carefully remove each muffin. I trace the muffin tin with the knife and then lift it from the bottom. Don't worry if some sticks to the metal.
 12. If you don't want to worry about un-molding the egg muffins, bake them in a small [souffle dish](#) (around 5 ounces) and serve them in the dish.
 13. Place egg muffins on a wire rack to cool for a couple of minutes to let the steam dissipate.
 14. Enjoy immediately or let cool and transfer to a re-sealable plastic bag.
 15. Refrigerate for up to three days. They can be eaten cold or reheated in a microwave.
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1. If a darker crust is desired, place casserole under the broiler, 4 inches from the heat, until the top is golden and bubbling, 1 to 2 minutes.
 2. Let sit 5-10 minutes and serve hot.