



Alliance For Children

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Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity
Guy Feiri



Spinach Egg Bake

2 1/4 cups frozen spinach
6 large eggs
1 tbsp feta cheese, crumbled
1 tsp. dehydrated onions, chopped
Salt and pepper to taste

Preheat oven to 350° F and lightly coat medium baking dish with nonstick spray. Thaw spinach, drain, and spread evenly on bottom of baking dish. Whisk remaining ingredients together and pour on top of spinach. Bake for 15 minutes, then broil on high for 2 minutes. Makes six servings that are #CACFPCreditable for 2 oz. equivalent meat alternate and 1/4 cup vegetable. Source: USDA.

In the midst of chaos, there is also opportunity.

—Sun Tsu

These difficult times are giving us the opportunity to look inward, reflect on what truly matters, and connect with ourselves and our loved ones on a deeper level.

As we navigate the Covid-19 Pandemic, please reach out to us with any questions. We are here to help. Important information is mailed to you from Alliance For Children. Often messages are written on your check stubs! Please open and read the mail we send.

<http://allianceforchildrenutah.org>

The institution is an equal opportunity provider.



