

Spinach Squares



Ingredients

- 1 white onion
- 24 oz frozen spinach
- ½ Tbsp minced garlic
- 1 cup flour
- 1 Tbsp baking powder
- 1 tsp salt
- 1 cup milk
- 1 stick melted butter
- 2 eggs
- 1 cup shredded cheddar cheese
- Olive oil

Utensils

- Measuring cups and spoons
- Knife
- Cutting Board
- Frying Pan
- Spatula
- Mixing bowl
- Whisk
- 9 x 13 baking dish
- Nonstick cooking spray



Recipe Instructions

Step 1: Prep

Prep your cutting station with a damp cloth and cutting board.

Dice onion. Melt butter.

Spray pan with nonstick cooking spray.

Preheat oven to 350°

Step 2: Sauté

Heat frying pan over medium heat. Add olive oil, diced onion, and minced garlic.

Sautee until onion is tender.

Add in frozen spinach and sauté until thawed.

Drain water.

Step 3: Dry Ingredients

Measure flour, baking powder, and salt into a mixing bowl and whisk to combine.

Step 4: Wet Ingredients

Add eggs, milk, and melted butter to the bowl with dry ingredients and whisk to combine.

Add shredded cheddar cheese, cooked spinach, onion, and garlic, stir with a spatula to combine.

Step 5: Bake

Spread mixture into the bottom of your pan and level it out.

Bake at 350° for 35 minutes.

Step 6: Serve and Enjoy!

Remove from oven and let cool for about 10 minutes.

Cut up into squares.

Serve and Enjoy!

These can be stored in an airtight container for 4 days.



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Kitchen Safety Tips:

Always use a **pot holder!**

Let people in your home know that you will be using the **stove.**

Use **the claw** method when using a knife to avoid any accidents.