Bacon, Spinach and Egg Bake

By BD

NUTRITIONAL FACTS PER SERVING

Calories 307 | Carbohydrate 13g | Fat 22g | Sat fat 6.5g | Protein 14g | Fiber 3g | Cholesterol 320mg | Sodium 259mg

Servings Per Recipe: 6

INGREDIENTS

5 cups spinach or roughly chopped Swiss chard leaves (stems removed)

2 tablespoons olive oil
1 large onion, halved and thinly sliced
1 large potato, cut into ¼" rounds
½ cup roughly chopped cooked bacon
1 clove garlic, minced
10 eggs, lightly beaten
¼ teaspoon salt
½ cup plain yogurt
⅓ cup parsley leaves

**DIRECTIONS**

1. Preheat oven to 400ºF. Bring kettle of water to a boil.
2. Place spinach in a colander in clean sink. Pour boiling water over greens to wilt. When cool, squeeze spinach to remove excess water. Set aside.
3. In 12" ovenproof nonstick skillet, heat oil over medium-high heat. Add onion and potato. Sprinkle with bacon and garlic and cook, stirring occasionally, until potato is tender, about 12 minutes.
4. Reduce heat to medium-low, add eggs and gently press into even layer. Cook until eggs are partially set, about 5 minutes. Transfer pan to oven and bake until lightly browned and set, about 12 minutes. Let cool slightly, then invert onto platter. Serve topped with yogurt and parsley.

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