



Spinach and Feta Squares or Muffins

Prepare this for breakfast, lunch or dinner.

Yields 12 Servings

INGREDIENTS:

- 2 tsp. olive oil
- 4 scallions, diced
- 10 oz. fresh spinach, roughly chopped
- 2 Tbsp. fresh dill or 1 Tbsp. of other desired herb
- 1 cup all-purpose flour or GF (gluten free) flour
- 1 tsp. baking powder
- 1 tsp. salt or ½ tsp. PGS (Pasta Girl Seasoning)
- 1 cup milk
- 2 eggs, lightly beaten
- ¼ cup butter, melted (or olive oil)
- 4 oz. mozzarella, shredded
- 4 oz. feta cheese, crumbled
- 2 Tbsp. grated parmesan cheese



These flavorful squares or muffins are perfect for breakfast, lunch or dinner and are ideal to take to a brunch or get together. Make them ahead and freeze for convenient grab-and-go meals at work, school or a snack.

INSTRUCTIONS:

1. Preheat oven to 375 degrees.
2. Lightly spray a muffin pan or medium size (about 10.5" x 7.5") baking dish with olive oil.
3. Place olive oil in a large deep pan on medium heat. Add scallions and cook until softened 1-2 minutes.
4. Add spinach by handful to pan and sauté adding more until all the spinach is in pan and mostly wilted. Season with salt or PGS.
5. Place mixture in a colander to drain. Pat dry with paper towels to remove excess liquid.
6. Add the remaining oil to your pan and repeat the process with the remaining spinach.
7. In a large bowl, whisk together the flour, baking powder and salt. Add the milk, eggs, butter and mix, then fold in the spinach mixture, dill, mozzarella and feta until just combined.
8. Transfer to baking dish and spread out evenly, or with a large ice cream scooper, place one scoop into each of the prepared muffin tins.
9. Sprinkle the top with grated parmesan and bake for 40 minutes for the squares or 15 minutes for the muffins, until the tops turn golden brown.
10. Remove from oven and allow to cool for 15 minutes prior to cutting into squares or removing muffins from tins.
11. Serve warm.