



# Spinach & Feta Cheese Bake

**Serving:** 3 yields

**Prep/Cook Time:** 40 minutes

## Ingredients

- Frozen spinach – 24 oz (thawed and chopped)
- 1 cup wheat flour
- 4 oz feta cheese – crumbled
- 4 beaten eggs
- 1/3 cup skimmed milk
- 1 chopped sweet onion
- 3 tbsp soybean oil
- ½ tsp salt
- 1 tsp baking powder
- ¼ cup fresh dill – chopped
- Salt and pepper according to taste

## Instructions

- Pre-heat your oven to 350 F
- Use a pinch of oil to grease a 9” pie plate
- Use a large skillet to heat the oil and cook the onion for 7 to 8 minutes
- Put the spinach, feta cheese, salt and pepper, stir them well in the skillet, and then transfer it to the deep dish pie plate
- Whisk the remaining ingredients together in a bowl and pour them over the prepared spinach mixture
- Bake for about 30 minutes
- Allow it to firm up for about 5 minutes prior to serving