

# Baked Florentine Omelet

## Ingredients:

|                          | <b>6 svg</b><br>(9- by 9-inch pan) | <b>12 svg</b><br>(9- x 12-inch pan) |
|--------------------------|------------------------------------|-------------------------------------|
| Cooking spray            |                                    |                                     |
| Eggs, large              | 8                                  | 16                                  |
| Cheese, ricotta          | 1 c                                | 2 c                                 |
| Milk                     | 0.5 c                              | 1 c                                 |
| Cheese, mozzarella       | 1 c                                | 2 c                                 |
| Scallions                | 0.5 c                              | 1 c                                 |
| Basil, fresh             | 5 leaves                           | 7 leaves (1 tsp dried)              |
| Oregano, fresh           | 2 sprigs                           | 4 sprigs (1.5 tsp dried)            |
| Pepper, ground black     | 0.25 tsp                           | 0.5 tsp                             |
| Spinach, frozen, chopped | 10 oz                              | 20 oz                               |
| Tomatoes, plumb          | 1 c                                | 2 c                                 |
| Salt                     | 0.25 tsp                           | 0.5 tsp                             |



## Method for 9- by 9-inch and 9- by 12-inch pans:

- Preheat oven to 325 degrees. Grease pans with cooking spray.
- In a large bowl, whisk the eggs and Ricotta cheese until just combined.
- Stir in milk, basil, oregano, salt, and pepper. Fold in spinach, tomatoes, scallions.
- Spread mixture evenly the prepared baking dish. Top with grated Mozzarella cheese.
- Bake for 30 to 35 minutes or until a toothpick inserted in center comes out clean.