

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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*- March -*

# EGGS

### GREEN EGGS & HAM FRITTATA

**12 eggs**

**12 ounces spinach, cooked, cooled & chopped**

**12 ounces ham, diced**

*Preheat an oven to 350 degrees. In a large bowl scramble the eggs, add in the spinach and ham. Butter an oven proof dish large enough to hold the egg mixture. Bake until set, approximately 40 minutes or until a knife inserted into the center comes out clean.*

*Recipe by Robin Forte*



*For more information visit*

**ISLANDGROWNSCHOOLS.ORG/HARVESTOFTHEMONTH**