



## **Robin's Spinach Quajado**

Serves 12

This Sephardic spinach frittata is delicious for Passover or any time of year.  
It can be served as a main dish, side dish or appetizer.

2 – 10 ounce packages frozen chopped spinach  
1 – 16 ounce low fat cottage cheese  
1 - cup grated Parmesan cheese, divided  
10 eggs  
½ cup matzo meal  
3 pieces of matzo  
½ cup vegetable oil

1. Preheat oven to 350 degrees.
2. Spray 9 x 13-inch baking pan and set aside.
3. Defrost frozen spinach in microwave, discard excess water and set aside.
4. In a large mixing bowl, beat 10 eggs until very well beaten.
5. Add cottage cheese, ½ cup Parmesan cheese, oil and matzo meal and mix well.
6. Add drained spinach and mix well.
6. Crumble three pieces of matzo into medium sized pieces and fold into spinach mixture.
7. Pour into prepared baking pan and sprinkle with remaining ½ cup of Parmesan cheese.
8. Bake for 45-50 minutes at 350 degrees until nicely browned.



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### Nutrition Facts

Servings: 12

Amount per serving

Calories	235
% Daily Value*	
<b>Total Fat</b> 15.6g	20%
Saturated Fat 4.1g	21%
<b>Cholesterol</b> 146mg	49%
<b>Sodium</b> 314mg	14%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 0.7g	2%
Total Sugars 0.5g	
<b>Protein</b> 14.5g	
Vitamin D 13mcg	64%
Calcium 157mg	12%
Iron 2mg	9%
Potassium 244mg	5%

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by [www.verywellfit.com](http://www.verywellfit.com)