



Stuffed Eggs with Spinach



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Introduction

Stuffed eggs with spinach are a delightful and nutritious dish that can serve as an appetizer, snack, or light meal. This recipe combines the rich flavors of eggs with the earthiness of spinach, making it a perfect choice for any occasion. Whether for a family gathering or a simple dinner at home, these stuffed eggs are sure to impress.

Detailed Ingredients with measures

Eggs – 6 large
Fresh spinach – 200 grams
Cream cheese – 100 grams
Cooked and chopped onion – 1 medium
Garlic – 1 clove, minced
Salt – to taste
Pepper – to taste
Grated cheese (e.g., Parmesan or cheddar) – 50 grams

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 10 minutes
Total Time: 20 minutes
Yield: 6 servings



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Detailed Directions and Instructions

Step 1: Prepare the Eggs

Hard boil the eggs by placing them in a pot of cold water. Bring the water to a boil and cook for about 10 minutes. Once done, remove the eggs from the heat and place them in cold water to cool.

Step 2: Make the Filling

While the eggs are cooling, wash and chop the spinach. In a pan, sauté the spinach in a little olive oil until it wilts. Remove from heat and let it cool slightly.

Step 3: Mix Ingredients

Peel the cooled eggs and cut them in half lengthwise. Scoop out the yolks into a mixing bowl. Add the sautéed spinach, cream cheese, salt, and pepper to the bowl. Mix until smooth.

Step 4: Stuff the Eggs

Using a spoon or a piping bag, fill the egg white halves with the spinach mixture.

See also Caramel Popcorn

Step 5: Garnish and Serve

Optionally, you can sprinkle some chopped herbs or paprika on top for garnish. Serve the stuffed eggs on a plate.

Notes

Note 1: Serving Suggestions

These stuffed eggs make a great appetizer or snack for parties.

Note 2: Storage Instructions

Store any leftovers in an airtight container in the refrigerator for up to two days.

Note 3: Variations

You can add additional ingredients to the filling, such as grated cheese, diced onions, or herbs for extra flavor.



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Cook techniques

Boiling Eggs

Boiling eggs is a straightforward process that involves submerging eggs in water and heating them until cooked. For hard-boiled eggs, let them simmer for about 9-12 minutes, then cool them in ice water to stop the cooking process.

Chopping Spinach

Chopping spinach requires washing the leaves thoroughly and then using a sharp knife or kitchen scissors to cut them into smaller pieces, making them easier to mix and serve in fillings.

Making Filling

To create a filling, mix the chopped spinach with other ingredients such as eggs, cheese, or herbs. This can be done in a bowl, ensuring that all components are well combined for an even flavor.

Stuffing Eggs

Stuffing boiled eggs involves carefully removing the yolks and blending them with the filling mixture. The mixture is then spooned or piped back into the egg whites for a neat presentation.

Garnishing

Garnishing can enhance the visual appeal of stuffed eggs. Consider using fresh herbs like parsley or dill, or a sprinkle of paprika for color and added flavor.

FAQ

How long does it take to boil eggs for stuffing?

It typically takes about 9-12 minutes to boil eggs for stuffing, depending on your desired level of doneness.

See also No-Bake Strawberry Chocolate Cheesecake

Can I use frozen spinach for the filling?

Yes, you can use frozen spinach; just be sure to thaw and drain it thoroughly to remove excess moisture before using it in the filling.

What can I substitute for cheese in the filling?

You can substitute cheese with Greek yogurt or cottage cheese for a healthier option or omit it altogether for a dairy-free filling.

How do I prevent the egg yolks from turning green?

To prevent the yolks from turning green, cool the boiled eggs quickly in ice water and avoid overcooking them.

Can I prepare stuffed eggs in advance?

Yes, you can prepare stuffed eggs in advance. It's best to store them in the refrigerator in an airtight container until ready to serve.



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Conclusion

The stuffed eggs with spinach are not only a delightful appetizer but also a nutritious choice that can easily impress your guests. Their creamy filling and vibrant green color make them a visually appealing dish, perfect for any gathering. This recipe showcases the versatility of eggs and can be customized with various ingredients to suit your taste.

More recipes suggestions and combination

Stuffed Eggs with Avocado

Combine mashed avocado with the egg yolks for a creamy, healthy twist. Add lime juice and cilantro for extra flavor.

Tuna and Egg Salad Stuffed Eggs

Mix canned tuna with mayonnaise, mustard, and diced pickles, then blend with the egg yolks for a protein-packed filling.

Cheese and Herb Stuffed Eggs

Use cream cheese or goat cheese mixed with fresh herbs like dill and chives for a rich and flavorful stuffing.

Smoked Salmon and Cream Cheese

Incorporate smoked salmon into the egg yolk mixture with cream cheese for a sophisticated and savory taste.

See also Crock Pot Salisbury Steak

Curried Egg and Cauliflower Filling

Add curry powder and finely chopped cooked cauliflower to the egg yolk mixture for an exotic twist on the classic recipe.



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