

Spinach, Mushroom and Ham Filling

Sonia Uvezian

The International Appetizer Cookbook (1984)

Yield: 3 1/2 cups

1 pound fresh spinach
1/3 cup cold water
2 tablespoons butter
4 shallots, finely chopped
1 cup mushrooms, finely chopped
1/4 pound lean cooked ham, finely chopped
1/4 teaspoon freshly grated nutmeg
salt (to taste)
freshly ground pepper (to taste)
6 ounces cream cheese, room temperature
1/4 cup sour cream
2 teaspoons (or to taste) Dijon-style mustard

Wash the spinach thoroughly under cold running water, discarding the stems and bruised leaves. Drain.

Chop the spinach and combine with the water in a large saucepan. Bring to a boil over high heat. Reduce the heat to low. Cover and simmer for 5 minutes or until the spinach is wilted. Transfer the spinach to a colander and allow to drain and cool. Squeeze it dry and chop it finely. Set aside.

In a medium-sized heavy skillet, melt the butter over moderate heat. Add the shallots and saute' until soft but not browned, stirring frequently.

Add the mushrooms and saute' over medium-high heat, stirring, until lightly browned.

Add the reserved spinach, ham, nutmeg, salt and pepper. Mix well. Remove from the heat and let cool to room temperature.

In a large mixing bowl, beat the cream cheese with the sour cream and mustard until light and fluffy. Add the spinach mixture and blend thoroughly.

Taste and adjust the seasoning.

Cover and refrigerate.

Per Serving (excluding unknown items): 1089 Calories; 97g Fat (76.8% calories from fat); 32g Protein; 35g Carbohydrate; 14g Dietary Fiber; 274mg Cholesterol; 1512mg Sodium. Exchanges: 2 Lean Meat; 5 Vegetable; 0 Non-Fat Milk; 18 Fat; 0 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1089	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	76.8%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	12.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	11.1%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	97g	Folacin (mcg):	943mcg
Saturated Fat (g):	59g	Niacin (mg):	7mg
Monounsaturated Fat (g):	28g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	274mg	% Refused:	0.00%
Carbohydrate (g):	35g	Food Exchanges	
Dietary Fiber (g):	14g	Grain (Starch):	0
Protein (g):	32g	Lean Meat:	2
Sodium (mg):	1512mg	Vegetable:	5
Potassium (mg):	3258mg	Fruit:	0
Calcium (mg):	704mg	Non-Fat Milk:	0
Iron (mg):	16mg	Fat:	18
Zinc (mg):	4mg	Other Carbohydrates:	0
Vitamin C (mg):	134mg		
Vitamin A (i.u.):	39228IU		
Vitamin A (r.e.):	4628 1/2RE		

Nutrition Facts

Amount Per Serving

Calories	1089	Calories from Fat:	836
% Daily Values*			
Total Fat	97g		150%
Saturated Fat	59g		297%
Cholesterol	274mg		91%
Sodium	1512mg		63%
Total Carbohydrates	35g		12%
Dietary Fiber	14g		55%
Protein	32g		
Vitamin A			785%
Vitamin C			223%
Calcium			70%
Iron			91%

* Percent Daily Values are based on a 2000 calorie diet.