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# Baked Spinach

*Home Cookin - Junior League of Wichita Falls, TX - 197*

**4 packages (10 ounce ea) frozen chopped spinach**

**chicken stock (optional)**

**1/2 teaspoon sugar (optional)**

**dash nutmeg**

**1 cup sour cream**

**1 package (1-3/8 ounce) onion soup mix**

**3 tablespoons cheese or Cheez Whiz**

**dash lemon juice**

**salt**

**pepper**

**Parmesan cheese**

Cook the spinach according to package directions, adding a dash of nutmeg. (For more flavor, use chicken stock and sugar for liquid instead of water.)

Drain the spinach. Mix with the sour cream, onion soup mix, Cheez Whiz, lemon juice, salt and pepper. Mix well.

Place the mixture into a two-quart casserole dish. Sprinkle with Parmesan cheese.

Bake at 350 degrees for 25 minutes.

Yield: 8 to 10 servings

## **Side Dishes**

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*Per Serving (excluding unknown items): 1044 Calories; 56g Fat (42.9% calories from fat); 65g Protein; 103g Carbohydrate; 59g Dietary Fiber; 104mg Cholesterol; 4963mg Sodium. Exchanges: 1 1/2 Grain(Starch); 14 1/2 Vegetable; 1/2 Non-Fat Milk; 10 Fat.*