

Crockpot Spinach Casserole

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*4 boxes frozen chopped
spinach, thawed and
squeezed very dry
1 pound cottage cheese
1 stick margarine, cut up
3 to 4 eggs, beaten
1 pound American or
Cheddar cheese, cut up
2 tablespoons flour
salt (to taste)*

In a bowl, mix together the spinach, cottage cheese, margarine, eggs, cheese, flour and salt.

Place the mixture into a sprayed slow cooker.

Cook for three to four hours on LOW or one to one-and-one-half hours on HIGH.

Per Serving (excluding unknown items): 1935 Calories; 120g Fat (53.0% calories from fat); 137g Protein; 103g Carbohydrate; 55g Dietary Fiber; 674mg Cholesterol; 4466mg Sodium. Exchanges: 1 Grain(Starch); 11 Lean Meat; 14 1/2 Vegetable; 19 1/2 Fat.