
Crumb-Topped Spinach Casserole

The Essential Southern Living Cookbook

Preparation Time: 20 minutes

Start to Finish Time: 55 minutes

2 tablespoons butter
1 medium onion, chopped
2 cloves garlic, minced
4 packages (10 ounce ea) frozen chopped spinach, thawed
1 package (8 ounce) cream cheese, softened
2 tablespoons all-purpose flour
2 large eggs
1/2 teaspoon table salt
1/4 teaspoon black pepper
1 cup milk
1 package (8 ounce) shredded cheddar cheese
1 cup Italian-seasoned Panko (Japanese breadcrumbs)
3 to 4 tablespoons butter, melted

Preheat the oven to 350 degrees.

In a large nonstick skillet over medium heat, melt two tablespoons of butter. Add the onion and garlic. Cook, stirring often, until tender, about 8 minutes.

Meanwhile, drain the spinach well, pressing between paper towels to remove excess moisture.

In a large bowl, stir together the cream cheese and flour until smooth. Whisk in the eggs, salt and pepper. Gradually whisk in the milk until blended. Add the cooked onion, spinach and cheddar cheese, stirring until blended. Spoon into a lightly greased 11 x 7-inch baking dish.

In a small bowl, combine the breadcrumbs and three to four tablespoons of butter. Toss well. Sprinkle over the casserole.

Bake, uncovered, until thoroughly heated and the breadcrumbs are browned, 30 to 35 minutes.

(NOTE: To make individual spinach casseroles, spoon the spinach mixture into eight (eight-ounce) lightly greased ramekins. Top each with buttered breadcrumbs. Bake, uncovered, at 375 degrees for 25 to 30 minutes or until browned.)

Yield: 8 to 10 servings

Side Dishes

Per Serving (excluding unknown items): 4751 Calories; 441g Fat (80.4% calories from fat); 126g Protein; 116g Carbohydrate; 57g Dietary Fiber; 1637mg Cholesterol; 7205mg Sodium. Exchanges: 1 Grain(Starch); 8 Lean Meat; 16 1/2 Vegetable; 1 Non-Fat Milk; 82 Fat.