

Spinach Au Gratin

Unitarian Universalist Fellowship of Vero Beach, FL 2000

*2 packages (10 ounce)
frozen creamed spinach
1/2 cup shredded Monterey
Jack cheese
seasoned bread crumbs*

Prepare the spinach according to package directions.

Place the cooked spinach in a casserole dish.

Top the spinach with the cheese and then sprinkle the bread crumbs over the top.

Preheat the broiler.

Place the casserole on a rack about six inches under the broiler.

Broil until the crumbs are browned and the cheese is bubbly.

Per Serving (excluding unknown items): 883 Calories; 70g Fat (70.9% calories from fat); 28g Protein; 36g Carbohydrate; 9g Dietary Fiber; 114mg Cholesterol; 1643mg Sodium. Exchanges: 2 Lean Meat; 7 Vegetable; 13 Fat.