

Spinach Italia

Edy Reynolds - Jasper, AL

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Servings: 6

*2 eggs
2 cups milk
1 teaspoon salt
2 packages (10 ounce ea)
frozen chopped spinach,
thawed and drained
1 1/2 cups Provolone
cheese
2/3 cup soft bread crumbs
paprika*

Preparation Time: 10 minutes

Bake Time: 35 minutes

In a bowl, beat the eggs slightly. Add the milk and salt. Stir in the spinach (well squeezed), one-half of the cheese and the bread crumbs. Mix thoroughly.

Pour into a 1-1/2 quart baking dish. Sprinkle the remaining cheese around the outside edge of the dish. Top with paprika.

Bake in the oven at 375 degrees for 30 to 35 minutes.

Per Serving (excluding unknown items): 240 Calories; 14g Fat (49.9% calories from fat); 18g Protein; 13g Carbohydrate; 5g Dietary Fiber; 105mg Cholesterol; 846mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.