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# Spinach Puffs

*Cynthia Buff*

*Nettles Island Cooking in Paradise - 2014*

**1 package (12 ounce) Stouffer's spinach souffle', thawed**

**3/4 cup flour**

**1 teaspoon baking powder**

**1/2 teaspoon salt**

**1/2 teaspoon onion powder**

**1 egg, lightly beaten**

**3/4 cup (3 ounce) shredded Swiss cheese**

**1/4 cup fine dry bread crumbs**

**vegetable oil**

**grated Parmesan cheese**

In a bowl, mix the flour with the baking powder, salt and onion powder.

In a bowl, combine the spinach souffle' and egg. Add the flour mixture, stirring well.

Add the Swiss cheese and bread crumbs. Stir well.

Chill for 30 minutes.

In a large skillet, heat three inches of the vegetable oil to 350 degrees.

Drop the spinach mixture by rounded tablespoons into the hot oil. Fry for 2 minutes or until golden brown.

Dry on paper towels. Dust with Parmesan cheese.

Serve hot.

## Side Dishes

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*Per Serving (excluding unknown items): 741 Calories; 29g Fat (36.0% calories from fat); 40g Protein; 77g Carbohydrate; 3g Dietary Fiber; 290mg Cholesterol; 1847mg Sodium. Exchanges: 4 1/2 Grain(Starch); 4 Lean Meat; 3 Fat; 0 Other Carbohydrates.*