Spinach-Cheese Bake

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Servings: 12

1 tablespoon butter, melted
cooking spray
2 packages (6 oz) fresh baby spinach
1 1/4 cups (5 oz) reduced-fat sharp cheddar cheese, shredded
3/4 cup (3 oz) Monterey Jack cheese, shredded
1 1/3 cups all-purpose flour
1 1/2 cups fat-free milk
1 cup egg substitute
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons Dijon mustard
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
1/8 teaspoon ground red pepper

Preheat oven to 350 degrees.

Pour the butter into the bottom of a 13x9-inch baking dish coated with cooking spray, tilt the dish to coat.

Place the spinach evenly in the bottom of the dish.

Sprinkle evenly with the cheeses.

Lightly spoon the flour into dry measuring cups, level with a knife.

In a medium bowl, combine the flour, milk, egg substitute, salt, baking powder, mustard, pepper, nutmeg and ground red pepper. Stir with a whisk until blended.

Pour the milk mixture over the cheese.

Bake for 40 minutes or until lightly browned.

Serve immediately.

Per Serving (excluding unknown items): 118 Calories; 5g Fat (42.2% calories from fat); 5g Protein; 11g Carbohydrate; trace Dietary Fiber; 9mg Cholesterol; 317mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.