
Tuna `N Croutons

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 6

1 package (12 ounce) frozen spinach
2 tablespoons butter or margarine
3 tablespoons flour
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1 1/2 cups milk
1/2 cup 15% cream
1/2 cup grated Swiss cheese
2 cans (7 ounce ea) tuna, drained
1 1/2 cups croutons (season flavoring optional)
1 1/2 tablespoons butter, melted

Cook the spinach and drain well. Spread over the bottom of a 10 x 6 x 2 baking dish.

Make a sauce by melting two tablespoons of the butter. Blend in the flour, salt and cayenne. Gradually stir in the milk and cream. Cook, stirring, until the mixture thickens and comes to a boil.

Add the cheese and stir until melted. Stir in the tuna. Pour the mixture over the spinach. Toss the croutons with the melted butter and sprinkle around the border.

Bake at 375 degrees for 25 to 30 minutes or until hot.

Per Serving (excluding unknown items): 199 Calories; 12g Fat (52.9% calories from fat); 16g Protein; 7g Carbohydrate; 1g Dietary Fiber; 48mg Cholesterol; 317mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.