



Spinach Cheese Squares

INGREDIENTS

3 eggs
1 cup skim milk
1 cup all-purpose flour
1 tsp. baking powder
16 ozs. cheddar cheese
1 tbsp. vegetable oil
2 - 10 oz. bags fresh spinach
1 tbsp. finely chopped onion

DIRECTIONS

- - Preheat oven to 350°F. Butter bottom of a 13 x 9-inch baking dish; set aside.
- - Coat bottom of a large skillet cook with vegetable oil and cook spinach over low heat until wilted. If desired, using kitchen shears cut spinach. Drain spinach and set aside.
- - In large bowl, beat eggs, stir in milk. Stir in flour and baking powder until well blended. Stir in cheese, spinach and onion. Spoon egg mixture into baking dish.
- - Bake 35 minutes or until center is set. Cool 30 minutes; cut into 6 rows by 4 rows. Serve immediately.