

Spinach Bake

Preheat oven to 350° F.

Serves 6

1. Thaw spinach in fridge overnight. Squeeze out water from spinach, place spinach into bowl. Add onion and salt/pepper.

300 gram package frozen spinach

2 tbsp onion, chopped very fine (or grated)

1/8 tsp each salt and pepper

2. In a small bowl, stir to mix:

2 eggs

1/2 cup grated cheese

1/2 cup sour cream or plain yogurt

1 tbsp flour (any type)

note- for extra flavor:

add 1/2 tsp dried dill or basil and

1/4 tsp garlic powder

3. Add egg mixture to spinach, stir well. Spread into 8 inch square pan.
Bake 35 minutes, centre will be firm to touch.

Recipe source: dietitian, Mount Carmel Clinic, 2013