

Scalloped Spinach

INGREDIENTS:

- 4 slices of bacon, chopped
- 1 onion, chopped
- 2 eggs
- 2 cups cooked chopped spinach (2 bunches fresh, or two 10-ounce packages frozen, squeezed dry)
- 2 tablespoons flour
- 1½ cups milk
- Salt and pepper to taste
- ¾ cup cracker crumbs, such as saltines
- 2 tablespoons butter

INSTRUCTIONS: Preheat the oven to 350°. Butter an 8-inch square, 3-inch deep baking pan or casserole.

Cook the bacon in a skillet over medium heat until crisp. Drain off and discard all but 1 tablespoon of the bacon grease.

Add the onion to the skillet and fry until tender but not browned, about 3 minutes.

Beat the eggs in a large bowl, then add the spinach, flour and milk; stir until well mixed.

Add the bacon-onion mixture to the egg-spinach mixture and stir to combine. Season with salt and pepper.

Pour into the pan and cover the top with the cracker crumbs. Dot with butter.

Bake until a knife inserted near the center comes out clean, 20 to 30 minutes (begin checking at 15 minutes).

Serves 4

PER SERVING: 380 calories, 17 g protein, 27 g carbohydrate, 23 g fat (10 g saturated), 151 mg cholesterol, 728 mg sodium, 4 g fiber.