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# Spinach and Cheese Canape`s (Hot)

*Cynthia Anne Austelle Hundley*

*Party Recipes from the Charleston Junior League - 1993*

**1 package (10 ounces) frozen chopped spinach, thawed**

**4 ounces mozzarella cheese, grated**

**4 ounces Cheddar cheese, grated**

**1 egg, beaten**

**4 English muffins**

**1/4 cup butter, room temperature**

**garlic salt**

**freshly grated Parmesan cheese**

Preheat the oven to 350 degrees.

Thoroughly drain and dry the spinach. Place it in a medium size bowl with the mozzarella cheese, Cheddar cheese and beaten egg. Mix well.

Split each English muffin in half. Butter lightly. Sprinkle with the garlic salt. Spread each half with the spinach mixture. Top with Parmesan cheese.

Bake for 10 minutes. Then run under the broiler to brown, watching carefully.

Cut each muffin half into quarters. Serve hot.

Yield: 32 canape's

## **Appetizers**

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*Per Serving (excluding unknown items): 1943 Calories; 122g Fat (55.7% calories from fat); 90g Protein; 128g Carbohydrate; 20g Dietary Fiber; 556mg Cholesterol; 3107mg Sodium. Exchanges: 6 1/2 Grain(Starch); 8 1/2 Lean Meat; 3 1/2 Vegetable; 19 Fat.*