
Spinach Bites

Marjie Haas - Maryland

North American Potpourri - Autism Directory Service, Inc - 1993

3 packages spinach, thawed and drained
2 cups herb stuffing mix
1 onion, chopped and sautee'd
4 eggs, beaten
3/4 cup shredded low-fat mozzarella cheese
salt (to taste)
pepper (to taste)
coarse garlic powder (to taste)

Preheat the oven to 375 degrees.

Grease a medium-sized baking dish.

In a large bowl, mix all of the ingredients together. Pour the mixture into the baking dish.

Bake for 30 minutes or until bubbly.

Cut into pieces and serve warm.

Appetizers

Per Serving (excluding unknown items): 731 Calories; 24g Fat (29.9% calories from fat); 40g Protein; 89g Carbohydrate; 10g Dietary Fiber; 848mg Cholesterol; 1768mg Sodium. Exchanges: 5 Grain(Starch); 3 Lean Meat; 2 1/2 Vegetable; 2 1/2 Fat.