

Mini Florentine Cups

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Yield: 24 cups

1 package (10 ounce) frozen chopped spinach, cooked and well drained

1/2 cup 2% milk mozzarella cheese, shredded

1/3 cup 1/3 less fat cream cheese

1 tablespoon Parmesan cheese, grated

1 tablespoon onions, finely chopped

1/4 teaspoon garlic powder

24 slices deli oven roasted turkey breast

Preparation Time: 20 minutes

Preheat the oven to 350 degrees.

In a bowl, combine the spinach, mozzarella, cream cheese, Parmesan, onions and garlic powder.

Open the turkey slices. Use one slice each to line the inside of twenty-four miniature muffin cups. Fill the muffin cups with the spinach mixture.

Bake for 15 minutes or until heated through. Cool in the pan for 5 minutes before serving.

The appetizers may be assembled several hours before a party. Refrigerate until ready to serve. Then bake, uncovered, as directed.

You may add one to two tablespoons of chopped water chestnuts to the spinach mixture before spooning into the prepared cups. (Not recommended for anyone watching their carbohydrate intake.)

Per Serving (excluding unknown items): 138 Calories; 3g Fat (15.7% calories from fat); 16g Protein; 20g Carbohydrate; 14g Dietary Fiber; 4mg Cholesterol; 430mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 4 Vegetable; 0 Fat.