
Creamed Spinach and Artichokes

Home Cookin - Junior League of Wichita Falls, TX - 197

Servings: 8

1/2 cup chopped green onion

1/2 cup butter

4 cups cooked spinach, drained and salted

1 cup sour cream

1/4 cup Parmesan cheese

2 tablespoons lemon juice

1/4 teaspoon garlic salt

1 can (15 ounce) artichoke hearts

1/2 cup buttered bread crumbs

In a skillet, saute' the onions in butter. Add to the drained spinach.

Stir in the sour cream, cheese, lemon juice, garlic salt and artichokes.

Lightly grease a two-quart casserole dish. Pour in the mixture. Sprinkle with buttered bread crumbs.

Bake at 350 degrees for 30 minutes.

Side Dishes

Per Serving (excluding unknown items): 204 Calories; 19g Fat (77.8% calories from fat); 5g Protein; 7g Carbohydrate; 3g Dietary Fiber; 46mg Cholesterol; 317mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 0 Other Carbohydrates.