

Crunchy Creamy Spinach

Jeff and Darla Boyd - Wasilla, AK

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Servings: 4

*1 package (10 ounce)
frozen chopped spinach
1/2 cup sour cream
1 can (3-1/2 ounce) French
fried onion rings*

Preparation Time: 5 minutes**Cook Time: 45 minutes**

Cook the spinach according to package directions. Drain.

Stir in the sour cream.

Turn into a serving dish.

Top with the French fried onion rings.

Per Serving (excluding unknown items): 89 Calories; 6g Fat (58.9% calories from fat); 4g Protein; 6g Carbohydrate; 3g Dietary Fiber; 13mg Cholesterol; 99mg Sodium. Exchanges: 1 Vegetable; 0 Non-Fat Milk; 1 Fat.