

# Leonas Spinach Casserole

*Mrs Robert Cromley*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*2 packages frozen spinach,  
thawed and liquid reserved  
1 teaspoon Worcestershire  
sauce  
1 small onion, chopped  
1/2 cup evaporated milk  
pepper  
3/4 teaspoon garlic salt  
1 roll jalapeno cheese  
4 tablespoons butter  
2 tablespoons flour  
1/2 cup spinach liquid  
1/4 teaspoon celery salt  
1/2 teaspoon salt*

In a skillet, saute' the onion in butter.

Add the flour, milk, liquid, cheese and seasonings.

Pour over the spinach.

Bake.

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Per Serving (excluding unknown items): 868 Calories; 66g Fat (65.6% calories from fat); 28g Protein; 49g Carbohydrate; 13g Dietary Fiber; 191mg Cholesterol; 4323mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 4 1/2 Vegetable; 1 Non-Fat Milk; 11 1/2 Fat; 0 Other Carbohydrates.