

Quick Creamed Spinach

Mrs Donald B Reidel

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

*2 packages frozen chopped
spinach*

*1 can cream of chicken
soup*

*3 tablespoons grated onion
grated nutmeg*

Cook the spinach according to package
directions. Drain well.

Add the chicken soup and onion. Mix well.

Sprinkle grated nutmeg over the top.

Serve.

Per Serving (excluding unknown
items): 347 Calories; 10g Fat
(22.6% calories from fat); 30g
Protein; 48g Carbohydrate; 28g
Dietary Fiber; 10mg Cholesterol;
1660mg Sodium. Exchanges: 1/2
Grain(Starch); 7 1/2 Vegetable; 1
1/2 Fat.