
Skillet Spinach

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 3

2 tablespoons butter

1 tablespoon flour

1 tablespoon grated onion

2 cups frozen or fresh spinach

3 eggs, lightly beaten

1/2 cup grated Cheddar cheese

salt

pepper

In a skillet, melt the butter. Stir in the flour and onion. Cook the mixture over moderate heat, stirring, for 5 minutes or until it is lightly browned.

Add the frozen spinach, broken into chunks. Cook over moderate heat for 5 minutes or until it is thawed.

Stir in the lightly beaten eggs, cheese, salt and pepper. Cook for 5 minutes longer or until the eggs are set and the cheese is melted.

Yield: 4

Side Dishes

Per Serving (excluding unknown items): 229 Calories; 19g Fat (74.9% calories from fat); 11g Protein; 3g Carbohydrate; trace Dietary Fiber; 253mg Cholesterol; 265mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 3 Fat.