
Spinach Rockefeller

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

1 package (10 ounce) frozen chopped spinach

dash nutmeg

dash MSG

dash Bon Appetit

1/3 cup zwieback crumbs

1 1/2 tablespoons minced green onions

2 tablespoons Parmesan cheese

1 or 2 eggs, beaten

3 tablespoons butter, melted

salt

pepper

3 tomatoes, halved

garlic salt

Cook the spinach according to package directions, adding nutmeg, MSG and Bon Appetit. Drain well. Add zwieback crumbs, green onions, Parmesan, eggs, butter, salt and pepper.

Arrange tomato slices in a buttered 1-1/2 quart baking dish. Season with garlic salt. Top with mounds of the spinach mixture.

Just before serving, bake at 350 degrees for 15 minutes.

(This dish may be made several days ahead of time and refrigerated, unbaked, until needed. Bake for a small amount of additional time if placed in the oven cold.)

Yield: 4 to 6 servings

Side Dishes

Per Serving (excluding unknown items): 614 Calories; 45g Fat (61.3% calories from fat); 27g Protein; 37g Carbohydrate; 18g Dietary Fiber; 313mg Cholesterol; 979mg Sodium. Exchanges: 1 1/2 Lean Meat; 7 Vegetable; 7 1/2 Fat.