
Spinach Squares II

Merri Brown - Massachusetts

North American Potpourri - Autism Directory Service, Inc - 1993

4 tablespoons margarine

3 eggs

1 cup flour

1 cup milk

1 teaspoon salt

1 teaspoon baking powder

1 pound grated Cheddar cheese

2 packages frozen spinach, defrosted and drained

1 tablespoon chopped onion

1/4 teaspoon salt

Melt the margarine in a 9 x 13-inch baking pan.

In a bowl, beat the eggs well. Add the flour, milk, baking powder and salt. Mix well.

Add the spinach, cheese and onions. Mix well. Spread the mixture into the pan.

Bake at 350 degrees for 35 minutes or until bubbly and lightly browned.

Let cool for 30 to 40 minutes.

Side Dishes

Per Serving (excluding unknown items): 3142 Calories; 221g Fat (63.1% calories from fat); 163g Protein; 129g Carbohydrate; 13g Dietary Fiber; 1145mg Cholesterol; 7066mg Sodium. Exchanges: 6 1/2 Grain(Starch); 18 1/2 Lean Meat; 3 Vegetable; 1 Non-Fat Milk; 31 1/2 Fat; 0 Other Carbohydrates.