

Spinach-Artichoke Casserole

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 6

*2 packages (10 ounce ea)
frozen chopped spinach,
thawed and drained
1 jar (6 ounce) marinated
artichoke hearts, drained
2 packages (3 ounce ea)
cream cheese, softened
2 tablespoons butter or
margarine, softened
1/4 cup milk
1/4 teaspoon pepper
2 tablespoons Parmesan
cheese, grated*

Preheat the oven to 350 degrees.

In a bowl, combine the spinach and the artichokes.

In a separate bowl, combine the cream cheese, butter, milk and pepper. Stir into the spinach mixture. Spoon into a lightly greased 1-1/2 quart casserole. Sprinkle with Parmesan cheese.

Bake covered for 30 minutes. Uncover.

Bake an additional 10 minutes.

Per Serving (excluding unknown items): 358 Calories; 32g Fat (78.0% calories from fat); 11g Protein; 9g Carbohydrate; 5g Dietary Fiber; 98mg Cholesterol; 430mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 6 Fat.