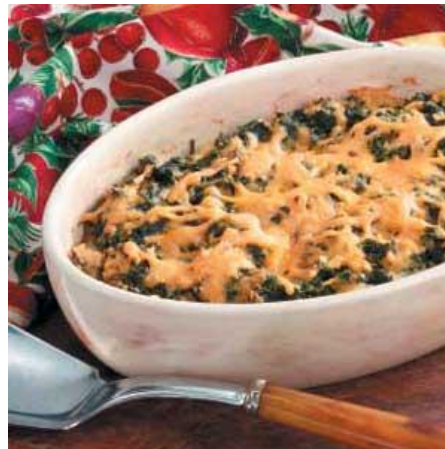


## Cheddar Spinach Casserole

### Ingredients

3 cup frozen chopped spinach  
1/2 cup half & half  
1/2 cup fat free milk  
3 eggs, beaten  
2 egg yolks, beaten  
1/4 cup butter, melted  
1 cup light cheddar, shredded divided  
2 tsp plain bread crumbs  
2 Tbsp chopped fresh parsley  
1/8 tsp black pepper, ground  
Cooking spray



### Directions

- Heat oven to 350 degrees. Grease a 2-quart baking dish.
- Clean spinach thoroughly. Remove all excess water and chop.
- Combine cream and milk in a medium saucepot and heat until nearly simmering.
- Place beaten eggs and yolks in a medium bowl. Slowly add the hot dairy mixture to the beaten eggs by whisking constantly until well incorporated. Next, slowly add the melted butter, still whisking constantly.
- Stir in 3/4 cup of the shredded cheese. In a separate bowl, mix the remaining cheese with the bread crumbs and set aside.
- Fold spinach into the dairy and cheese mixture until well combined.
- Transfer spinach mixture to the greased baking dish. Sprinkle bread crumb and cheese mixture evenly over the top of the casserole.
- Bake for 30 minutes. Sprinkle with parsley & serve.

### **Nutrition Facts**

Per Serving

Calories 186

Total Carbs 6.1 g

Dietary Fiber 1.2 g

Sugars 1 g

Total Fat 12.6 g

Saturated Fat 7.1 g

Unsaturated Fat 5.5 g

Potassium 51.7 mg

Protein 10.4 g

Sodium 273 mg