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Spinach Squares

Ingredients

2 eggs
2 egg whites
1 Tablespoon butter
1 cup flour
1 cup 1% milk
1 teaspoon salt
1 teaspoon baking powder
8 ounces low fat cheddar cheese
8 ounces 1% cottage cheese
2 (10-ounces) packages frozen chopped spinach
1 Tablespoon chopped onion
1 Tablespoon parmesan cheese
vegetable oil spray

Makes 12 servings

Instructions

1. Preheat oven to 350° F.
2. Spray 9x12x2 baking dish with spray.
3. Beat eggs; add butter, flour, milk, salt and baking powder. Mix well. Add cheese, cottage cheese, spinach and onion.
4. Spoon into baking dish, level off. Sprinkle parmesan cheese on top and bake 40 minutes.

Nutrition Facts

Serving Size 1 square
Servings Per Container 12

Amount Per Serving

Calories 130	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 510mg	**21%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 12g	

Vitamin A 90% • Vitamin C 2%
Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

28% Calories from fat

Source: Cornell Cooperative Extension of Schoharie County. December 2009

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