



Spinach Jibin (Souffle)

Instructions:

Coat a pan with 3 seconds of Pam. Add the onion and sauté until soft.

Add the spinach and cook covered for 15 minutes. Allow to cool.

Combine the spinach mixture with all the other ingredients in a bowl.

Makes 10 servings

1 serving counts as 1 dinner side

Prep Time:

5 minutes

Cook Time:

45 minutes

Ingredients:

16 oz. bag frozen spinach

16 oz. container low-fat
cottage cheese

1 onion - chopped finely

5 eggs

1/3 cup grated muenster
cheese

salt & pepper to taste

Pam