



Casserole with Greens for the New Year!

With spinach and parmesan cheese

 6 servings  25 minutes

INGREDIENTS

- 2 pounds fresh baby spinach (equivalent to 4 x 227 g bags of cooking spinach)
- 4 tablespoons margarine
- 3 tablespoons olive oil
- 3 garlic cloves, minced
- 2 tablespoons Italian seasoning
- 1/4 teaspoon salt
- 3/4 cup grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 400°F. In a medium-sized pot, bring 5 cups water to a boil. Add spinach; cook, covered, 1 minute or just until wilted. Drain well.
2. In a small skillet, heat the oil and margarine over medium- low heat. Add garlic, Italian seasoning and salt. Cook and stir until garlic is tender, 1-2 minutes.
3. Spread the spinach in a greased 8 inch square baking dish. Drizzle with oil mixture from #2 and sprinkle with cheese.
4. Bake, uncovered, until cheese is lightly browned, 10-15 minutes.

Nutrition Facts (Per 2/3 cup serving): 219 calories, 19g fat, 8g saturated fat, 361mg sodium, 7g carbohydrate, 1g sugar, 3g fiber, 8g protein