



CEDARS-SINAI®

HEART INSTITUTE



**RECIPE:**

**NANCY'S SPINACH CHEESE BAKE**

---

Makes 4 servings.

Easy to prepare and always a favorite. Serve as a brunch or main entrée with salad and whole grain bread.

**Nutrition Analysis** Calories 245, Fat 4.5g, Sat Fat 3 g Chol 25mg, Protein 37g  
(per ¼ recipe serving) Carbohydrate 14 g Fiber 2.5 g Sodium 590mg

---

INGREDIENTS	AMOUNT	ITEM
	10-oz package	Chopped spinach, frozen (thaw, drain & squeeze dry)
	4	Egg whites or 1 cup egg substitute
	16-oz	Nonfat or lowfat cottage cheese
	8 oz	Shredded low fat cheddar or mozzarella cheese
	3 Tbsp	Flour
	¼ tsp	Garlic powder
	Sprinkle	Black pepper to taste
		2 Tbsp sliced almonds (optional)

---

**INSTRUCTIONS**

1. Preheat oven to 350 degrees.
  2. Mix all ingredients together and spread in an 8" x 8" baking dish that has been prepared with nonstick spray
  3. Bake for 40-45 minutes (during final 10 minutes, top with almonds) or until knife comes out clean. Cool for 10 minutes and serve.
-