



Potato Spinach Casserole

Serving Size: 2 ½" x 4" piece

Yield: 6 servings

Ingredients:

- 12 ounces frozen hash browns, country style (thawed)
- 1/2 cup green pepper (finely chopped, divided)
- 1/2 cup onion (finely chopped, divided)
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 can evaporated milk, nonfat (12 ounces)
- 3/4 cups egg whites
- 1/2 cup cheese, reduced-fat sharp cheddar, shredded
- 1/2 cup cheese, reduced fat Monterey Jack, shredded
- 1 cup spinach (washed and chopped, fresh)
- 1/2 cup tomatoes (chopped, fresh)



Directions:

1. Preheat oven to 425 degrees.
2. Wash your hands and work area.
3. In large bowl, combine hash browns, green pepper, 1/4 cup onion, salt, and 1/4 teaspoon pepper.
4. Spray an 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
5. Bake until lightly browned around edges, 20-25 minutes.
6. In large bowl, stir together evaporated milk, egg whites, 1/4 teaspoon pepper, cheeses, spinach, remaining 1/4 cup onion, and tomatoes.
7. Reduce oven temperature to 350 degrees.
8. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
9. Cover and let stand for 10 minutes. Cut into 6 pieces. Serve hot.





Nutrition Facts: Calories, 180; Calories from fat, 35; Total fat, 4g; Saturated fat, 2.5g; Trans fat 0g; Cholesterol, 15mg; Sodium, 490mg; Total Carbohydrate, 21g; Fiber, 1g; Protein, 15 g; Vit. A, 25%; Vit. C, 25%; Calcium, 45%; Iron, 2%.

Cost: Per recipe: \$5.06; Per serving: \$0.84

Source: <http://recipefinder.nal.usda.gov>

