Spinach and Cheese “Brownies” (Casserole)
Serves 15-20

Ingredients

- 60 ml (4 tbsp) butter or margarine
- 3 eggs
- 250 ml (1 cup) flour (all-purpose or whole wheat)
- 250 ml (1 cup) milk
- 2 packages (600g) frozen, chopped spinach, thawed and well drained
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) baking powder
- 1000 ml (4 cups) cheddar cheese, shredded

Directions

1. Preheat oven to 175°C (350°F).
2. Grease a 2-quart (9”x13”) pan.
3. In a large bowl, whisk together eggs, flour, milk, salt and baking powder.
4. Mix in cheese and spinach (make sure spinach is well drained or it will not set properly).
5. Pour the mixture into pan and bake for 35 minutes or until eggs are set.
6. Remove from the oven and let cool for at least 10 minutes, cut into bite sized squares.

Tips

- Try it with different cheese – gouda, havarti, asiago, smoked cheddar, monterey jack
- You could add different vegetables like green onion, broccoli, mushrooms, zucchini, bell peppers.
- Could be served as a snack or as part of a meal.