



Spinach Squares

- 1 T. olive oil
- 1 onion, chopped
- 3 oz. chopped mushrooms
- 1 red bell pepper, chopped
- 4 c. chopped fresh spinach
- 4 oz. reduced-fat cream cheese
- 1 c. liquid egg substitute
- 1/4 c. seasoned dry bread crumbs
- 2 T. sesame seeds
- 2 T. grated Parmesan cheese
- 1/4 tsp. salt

Preheat oven to 350 degrees. Coat 9x9 baking dish with nonstick spray.

Warm oil in a large skillet over medium-high heat.

Add onion, mushrooms and pepper. Cook 5 minutes or until pepper is tender.

Add spinach and cook 1-2 minutes or until wilted. Remove from heat. Cool slightly

In a large bowl, beat cream cheese until smooth.

Stir in egg substitute, bread crumbs, 1 T. sesame seeds, 1 T. Parmesan, and salt.

Stir in Spinach mixture. Spoon into the prepared baking dish.

Sprinkle with remaining sesame seeds and Parmesan.

Bake 30 minutes, or until edges are golden brown.

8 Servings

105 calories 369 mg sodium

9 g protein 2 g fiber

8 g carbs 2 mg cholesterol

5 g fat

