**SPINACH SQUARES**

**Time:** 60 min.  
**Servings:** 4 people

**Ingredients:**
- 2 Pkgs frozen chopped Spinach or Broccoli
- 3 Eggs
- 1 cup Milk
- 1 cup White Flour
- 1 tsp. Baking powder
- 1 Small Onion Chopped
- 8 oz. Shredded Monterey Jack (or Pepperjack)
- ½ tsp Black Pepper
- 4 tsp. Margarine or Butter

**Directions:**
- Microwave frozen spinach for approx. 9 minutes; drain excess water.
- Combine in bowl; eggs, milk, flour, baking powder, pepper and beat well.
- Add drained spinach, cheese, and onion. Stir.
- Melt butter in 2 qt. casserole dish at 350 degrees, then tip the dish to coat with butter.
- Pour the remaining butter into the bowl, mix well.
- Pour spinach mixture into dish. Bake uncovered at 350° for 40 min or until top browns.

**Did you know?** This recipe reheats very well in the toaster for snacks. Wrap squares in saran wrap and put in fridge or freezer until use.

**Benefits:** Spinach is full of vitamins and minerals, including vitamin K, calcium, folic acid, and more. Frozen spinach is a great choice for veggies; it is cheaper and since it is frozen after harvest, the nutrients are locked in.

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