

# POTATO SPINACH CASSEROLE

USDA SNAP-Ed Recipe Finder

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

& Kansas State University Research and Extension

<http://www.oznet.ksu.edu/humannutrition/recipebook.pdf>

## **Ingredients**

- 12 ounces frozen hash browns, country style, thawed
- ½ cup finely chopped, divided, green pepper
- ½ cup finely chopped, divided, onion
- ½ Tsp salt
- ½ Tsp black pepper
- 1 can (12 ounces) evaporated milk, nonfat
- ¾ cup egg whites
- ½ cup cheese, reduced-fat sharp cheddar, shredded
- ½ cup cheese, reduced-fat Monterey Jack, shredded
- 1 packed cup washed and chopped, fresh spinach
- ½ cup chopped, fresh tomatoes

## **Instructions**

1. Preheat oven to 425 degrees. Wash your hands and work area.
2. In a large bowl, combine hash browns, green pepper, ¼ cup onion, salt, and ¼ Tsp pepper
3. Spray a 8x8 inch baking dish with non-stick cooking spray. Press potato mixture into bottom.
4. Bake until lightly browned around edges, 20-25 minutes.
5. In large bowl, stir together evaporated milk, egg whites, ¼ teaspoon pepper, cheeses, spinach, remaining ¼ cup onion, and tomatoes.
6. Reduce oven temperature to 350 degrees.
7. Pour mixture over potato crust. Bake uncovered until center is set, 40-45 minutes.
8. Cover and let stand for 10 minutes. Cut into 6 pieces.
9. Cover and refrigerate leftovers within 2 hours.

Makes 6 servings. Serving size: 2 ½" x 4" piece

**Cost**Per Recipe: \$ 4.69

Per Serving: \$ 0.78

**Nutritional information per serving** (4 servings)Calories: 180

Calories from fat: 35

Dietary fiber: 1g

Total fat: 4g

Sugars: 9g

Saturated fat: 2.5g

Protein: 15g

Trans fat: 0g

Vitamin A: 25%

Cholesterol: 15 mg

Vitamin C: 30%

Sodium: 480mg

Calcium: 45%

Total carbohydrate: 21g

Iron: 2%

Percent Daily Values are based on a 2,000 calorie diet.



**Wellness Center**