

Spinach Casserole

- 2 (10 ounces each) packages chopped frozen spinach
- 1 small onion
- 1 can low fat cream of mushroom soup
- 1 egg
- 1/2 teaspoon garlic powder
- 2 tablespoons parmesan cheese

Makes 6 portions, 1/2 cup each

Per portion

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| Calories: | 78 |
| Carbohydrate: | 9 grams |
| Protein: | 5 grams |
| Fat: | 3 grams |
| Saturated fat: | 1 gram |
| Cholesterol: | 41 milligrams |
| Sodium: | 315 milligrams |
| Dietary fiber: | 3 grams |

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1. Preheat oven to 350°.
 2. Cook and drain spinach.
 3. Chop onion.
 4. Mix all ingredients except cheese.
 5. Sprinkle cheese on top and bake at 350° for 30 minutes.