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Creamed Spinach Casserole



Ingredients

3 10-ounce packages frozen spinach, thawed
1 cup low-fat milk
1/4 cup all-purpose flour
1/4 teaspoon salt
1/4 teaspoon white or black pepper
1/8 teaspoon nutmeg
1 cup extra sharp Cheddar cheese, divided
1 cup low-fat cottage cheese
3 large egg whites

Preparation

- 1 Preheat oven to 350°F. Coat a shallow 2-quart baking dish with cooking spray.
- 2 Press spinach in a mesh strainer to get out as much moisture as possible. Pulse in a food processor until very finely chopped.
- 3 Combine milk, flour, salt, pepper and nutmeg in a large saucepan. Cook over medium heat, whisking, until thickened, 2 to 4 minutes. Remove from the heat and stir in 1/2 cup Cheddar, cottage cheese and the spinach.
- 4 Beat egg whites in a large bowl with an electric mixer, slowly increasing the speed, until they begin to foam. Continue to beat until the whites hold their shape
- 5 do not overbeat. (You'll know they are ready when you lift the beaters out and the peak doesn't flop over.)
- 6 Gently fold the whites into the spinach mixture with a rubber spatula until uniform. (It's OK if a few white streaks remain.) Transfer to the prepared baking dish.
- 7 Bake for 35 minutes. Top with the remaining 1/2 cup Cheddar
- 8 continue baking until the cheese is melted, about 10 minutes more. Let stand for 5 minutes.

Cooks Note

Make Ahead Tip: Prepare Steps 2 & 3, refrigerate for up to 1 day. Bring to room temperature before folding in egg whites. **Source:** www.eatingwell.com/recipes/spinach_casserole.html
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