

Spinach Puff with Cheddar Cheese  
Adapted from Betty Crocker's Cookbook ©1983

Servings: 4 to 6

Active Time: 30 Minutes

Cooking Time: 50 to 60 Minutes

Ingredients

1-pound fresh spinach or Swiss Chard\*  
¼ cup butter  
¼ cup all-purpose flour  
¼ teaspoon salt  
1/8 teaspoon freshly ground black pepper  
1 cup milk  
1 tablespoon finely chopped shallot  
½ cup finely shredded cheddar cheese  
1 teaspoon salt  
1/8 teaspoon nutmeg  
3 eggs, separated  
¼ teaspoon cream of tartar

If using fresh spinach, submerge in cold water several times to remove sandy soil. Roughly chop leaves. With water just clinging to leaves, place in large skillet, cover and cook until wilted. Place leaves in dish towel and wring excess moisture out.

Heat oven to 350°. Butter 4-cup soufflé dish or 1-quart casserole. Heat butter in a saucepan over low heat until melted. Blend in flour, 1/4 teaspoon salt and the pepper. Cook over low heat, stirring constantly until mixture is smooth and bubbly; remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute; remove from heat. Stir in onion, 1 teaspoon salt, nutmeg and cheddar cheese.

Beat egg whites and cream of tartar in a large mixer bowl until stiff. Beat egg yolks in a small mixer bowl until very thick and lemon colored; stir into white sauce mixture. Stir in spinach.

Stir about ¼ of the egg whites into sauce mixture; fold into remaining egg whites.

Carefully pour into soufflé dish. Set soufflé dish in a pan of water (1-inch deep). Bake until puffed and gold and until knife inserted halfway between center and edge comes out clean, 50 to 60 minutes. Serve immediately.

\*Can you one 10-ounce package of frozen chopped spinach or chopped broccoli. Cook and drain before adding to white sauce base.