

## SPINACH AND CHEESE BROWNIES

### Yield

15 Servings

### Ingredients

1 cup	flour	250 mL
1 tsp	baking powder	5 mL
1 tsp	salt	5 mL
1/2 tsp	pepper	2 mL
3	eggs	3
1 cup	milk	250 mL
1 lb	shredded Cheddar cheese	450 g
2 pkgs	frozen chopped spinach, well drained	600 g
1	medium white onion, chopped	1
2 Tbsp	butter	30 mL

### Directions

In a large bowl mix flour, baking powder, salt and pepper. Add eggs and milk and stir until well combined. Add spinach, cheese and onion to flour mixture. Heat oven to 350°F (180°C). Place butter in a 9x13 inch (23x33 cm) baking dish and melt butter in the oven. Remove when melted (approximately 3 minutes) and spoon spinach mixture into baking dish. Bake for 35 minutes. Let cool 45 minutes, then cut into bite-size squares. Best served warm, but also tasty when cold.

### Nutrient Content

Per Serving: Energy: 207.5 Kcal · Carbohydrate: 11.6 g · Protein: 11.6 g · Fat (Total): 13.0 g · Calcium 315.6 mg