Mediterranean Spinach Bake

Serving Size: 1/6 of bake | Makes 6 Servings

Ingredients:

- 3 ½ slices multi-grain or whole-wheat bread
- 1 ½ Tbsp olive oil
- ½ cup onion, chopped
- 2 cups frozen loose-leaf spinach
- 1 ½ tsp dried dill weed
- ¼ tsp salt
- ¼ tsp pepper
- ½ cup crumbled low-fat feta cheese
- 1 cup fat-free ricotta cheese
- ½ cup shredded fat-free mozzarella cheese
- 1 cup liquid egg substitute

Directions:

1. Spray a 9-inch square baking pan with nonstick spray. Arrange 1 layer of bread slices in the bottom of the pan, cutting to fit, if necessary. Set aside. Preheat the oven to 375°F.
2. In a nonstick skillet over medium heat, combine the oil and onion. Cook the onion, stirring frequently, until it is soft but not browned. Stir in the spinach. Cover, reduce the heat, and cook gently for 4 to 5 minutes, stirring occasionally and breaking up any large lumps of spinach if necessary.
3. Meanwhile, in a medium-sized bowl, stir together the seasonings, cheese, and egg substitute.
4. Remove the pan from the burner. Stir the spinach mixture into the cheese mixture. Cover the bread slices with the mixture, spreading evenly with the back of a large spoon.
5. Bake for about 30 to 35 minutes or until the filling is cooked through.

Nutrition Facts:

- Total Calories: 207
- Calories from Fat: 63
- Total Fat: 2 g
- Cholesterol: 12 mg
- Sodium: 466 mg
- Potassium: 2 mg
- Carbohydrates: 18 g
- Dietary Fiber: 4 g
- Sugars: 4 g
- Protein: 18 g