**SAVORY SPINACH & CHEDDAR CHEESE SOUFFLÉ**

**Makes:** 4 servings

**Active Time:** 40 minutes

**Total Time:** 1 1/4 hours

**Nutrition Profile**

**Ingredients**

* 2 tablespoons fine dry breadcrumbs
* 8 cups fresh spinach (about 8 ounces), stemmed and washed
* 1 1/2 teaspoons canola oil
* 1 medium onion, finely chopped
* 1 clove garlic, finely chopped
* 1 1/2 cups low-fat milk, divided
* 1/3 cup cornstarch
* 2 large egg yolks
* 1/2 cup grated cheddar cheese
* 2 tablespoons chopped fresh mint or dill
* 1/2 teaspoon salt, divided
* 1/2 teaspoon freshly ground pepper
* 6 large egg whites
1. Position rack in lower third of oven; preheat to 375°F. Coat a 2-quart soufflé dish or similar deep, straight-sided casserole dish with cooking spray. Sprinkle with breadcrumbs, tapping out the excess.
2. Heat a large skillet over medium heat. Add spinach with the water still clinging to the leaves and cook, stirring, just until wilted, 2 to 3 minutes. Transfer to a colander to drain. Squeeze out excess liquid and chop.
3. Wipe out the pan, add oil and heat over medium heat. Add onion and garlic and cook, stirring, until softened, 2 to 4 minutes. Add the chopped spinach and cook, stirring, until heated through and quite dry, about 2 minutes.
4. Heat 1 cup milk in a heavy medium saucepan until steaming. Dissolve cornstarch in the remaining 1/2 cup cold milk in a small bowl. Add to the hot milk and cook, whisking constantly, until thickened and smooth, 2 to 3 minutes. Remove from the heat and let cool slightly. Add egg yolks, one at a time, whisking until incorporated. Stir in the reserved spinach mixture, feta, mint (or dill), 1/4 teaspoon salt and pepper.
5. Beat egg whites in a large mixing bowl with an electric mixer on medium speed until foamy. Add the remaining 1/4 teaspoon salt; gradually increase speed to high and beat until stiff (but not dry) peaks form.
6. Whisk about one-third of the beaten egg whites into the spinach mixture to lighten it. Fold the spinach mixture back into the remaining whites with a rubber spatula. Turn into the prepared dish and smooth the top.
7. Bake the soufflé until puffed and the top feels firm to the touch, 35 to 40 minutes. Serve immediately.

**Nutrition**

**Per serving:** 222 calories; 8 g fat ( 4 g sat ); 109 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 14 g protein; 2 g fiber; 642 mg sodium; 636 mg potassium.

**Nutrition Bonus**: Vitamin A (122% daily value), Folate (39% dv), Vitamin C (33%), Calcium (28% dv), Magnesium & Potassium (18% dv), Iron (15% dv).

**Carbohydrate Servings:** 1 1/2

**Exchanges:** 1 starch, 1 vegetable, 1 medium-fat meat