

Spinach "Bread"

PRO/FATS AND VEGGIES—LEVEL ONE



MAKES 4 SLICES

This is a must-try recipe! I consider it one of the cornerstone recipes of this book. I have given you ways to make this bread—in a glass baking dish or tripling the recipe and baking it in a loaf pan. It takes longer to cook in the loaf pan, but you end up with a whole loaf of bread that you can slice and freeze. Then you have Spinach "Bread" for a whole variety of sandwiches. Try my Green Eggs and Ham Sandwiches (p. 181), or invent some of your own.

PREP TIME: 2 MINUTES

COOKING TIME: 15 MINUTES

Butter for greasing baking dish
1 (10-ounce) package frozen chopped
spinach, thawed and drained
4 large eggs, beaten

$\frac{1}{4}$ teaspoon crushed garlic
Salt and freshly ground black pepper

Preheat oven to 400 degrees. Butter an 8 × 8-inch glass baking dish.

Mix together spinach, eggs, and garlic. Season with salt and pepper. Pour into prepared pan. Bake for 15 minutes, or until mixture has set. Allow to cool slightly. Cut into 4 squares. Use a spatula to remove squares from pan. Refrigerate or freeze until ready to use.

Variation

To make a whole loaf of this bread, triple the ingredients and pour into a well-buttered loaf pan. Place loaf pan on a baking sheet and bake for 1 hour and 15 minutes at 350 degrees. A whole loaf will yield 12 slices. Use what you need; wrap well and freeze extra slices or loaves.