

Creamy Spinach-Artichoke Casserole

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Just to prove once again that vegetarian cooking doesn't have to be time-consuming, here's a quick but elegant casserole that can be assembled ahead and baked when your guests arrive.

- 1 jar (6½ oz.) marinated artichoke hearts
- ¼ pound mushrooms, thinly sliced
- 1 small onion, chopped
- 1 clove garlic, minced or pressed
- 2 packages (10 oz. each) frozen chopped spinach, thawed
- 1 can (10½ oz.) condensed cream of mushroom soup
- ½ cup sour cream
- 2 eggs, beaten
- ¼ teaspoon each oregano leaves, ground nutmeg, and white pepper
- ½ teaspoon lemon juice
- 1 cup crushed seasoned croutons

Drain artichoke hearts, reserving marinade; set artichokes aside. Place marinade in a wide frying pan and add mushrooms, onion, and garlic. Cook over medium-high heat, stirring occasionally, until onion is limp. Remove pan from heat.

Squeeze spinach to remove moisture. Add spinach to mushroom mixture along with soup, sour cream, eggs, oregano, nutmeg, pepper, and lemon juice. Stir until well blended.

Spoon half the spinach mixture into a greased 1½-quart shallow casserole. Arrange artichokes on top and spoon remaining spinach mixture over them. Sprinkle crushed croutons over the top. Bake, uncovered, in a 325° oven for 35 to 40 minutes or until custard is set. Let stand for 5 minutes before serving. Makes 6 servings.

Per serving: 7 grams protein, 17 grams carbohydrate, 96 milligrams cholesterol, 171 calories.

Sunset Vegetarian
Cooking

Sunset Publishing
Corporation,
Menlo Park, California
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