

# Low-Point Spinach and Cheese Souffle'

## Ingredients:

- Cooking spray
- 1 1/2 Tbs bread crumbs
- 1, 6 oz. package fresh baby spinach
- 2/3 cup 1% milk
- 2 Tbs flour
- 1/4 tsp. salt
- 1/8 tsp. ground nutmeg
- 1/4 tsp pepper
- 1/2 cup shredded parmesan cheese
- 2 large egg yolks
- 4 large egg whites
- 1/4 tsp. cream of tartar

Place baking sheet in the oven or on the grill. Preheat oven/grill to 425 degrees. Coat 4 (6-ounce) ramekins with cooking spray and sprinkle with breadcrumbs, coating sides completely. Heat a large nonstick skillet over medium-high heat. Lightly coat skillet with cooking spray. Add spinach and cook for 2 minutes or until spinach wilts. Stir or toss constantly. Drain and press excess liquid from spinach. Coarsely chop. Combine milk, flour, salt, nutmeg, and pepper in a small saucepan over medium-high heat. Stir with whisk until smooth and mixture starts to thicken. Spoon mixture into a large bowl. Let stand 10 minutes. Stir in spinach, cheese, and egg yolks. Combine egg whites and cream of tartar in a large bowl and beat with a mixer at high speed until soft peaks form (do not overbeat). Gently fold in egg whites into the spinach mixture and spoon mixture into prepared dishes. Place dishes on preheated baking sheet in oven or on grill and immediately turn the heat down to 350 degrees. Bake for 20 to 25 minutes or until puffy and golden brown. Serve and enjoy!

Total servings - 4

Serving size - 1

Total points per serving - 3.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"The only person who can limit your possibilities is you."  
- Jon Gordon***