

Potato-Spinach Swirl Casserole

Add a new swirl to serving side dishes, and discover a tasty way to sneak in a green veggie.

- 1 cup hot water
- 1 can (18 ounces) Progresso® creamy mushroom soup
- 2 tablespoons margarine or butter
- 1/2 package (7.2-ounce size) Betty Crocker® homestyle creamy butter mashed potatoes, (1 pouch Potatoes and Seasoning)
- 1/2 cup sour cream
- 1 package (9 ounces) Green Giant® frozen spinach, made as directed on package and very well drained
- 1 /3 cup Cheddar or original French fried onions

- 1.** Heat oven to 350°F. Heat hot water, 1/2 cup of the soup and the margarine to a rapid boil in 2-quart saucepan. Remove from heat. Stir in 1 pouch Potatoes and Seasoning and sour cream just until moistened. Let stand about 1 minute or until liquid is absorbed. Whip with fork until smooth.
- 2.** Stir together spinach, remaining soup and half of the onions. Alternately spoon heaping tablespoonfuls potato mixture and spinach mixture into ungreased 1 1/2-quart casserole. Run table knife through spinach and potatoes to swirl slightly.
- 3.** Bake uncovered 20 to 25 minutes or until hot and bubbly. Top with remaining onions. Bake about 5 minutes longer or until onions are golden brown.

Per Serving: Calories 190 (Calories from Fat 80); Total Fat 9 g (Saturated Fat 3 1/2g);
Cholesterol 15 mg; Sodium 750 mg; Total Carbohydrate 22 g (Dietary Fiber 1 g);
Protein 4 g

% Daily Value: Vitamin A 25 %; Vitamin C 0%; Calcium 8 %; Iron 4 %

Exchanges: 1 1/2 Starch; 1 1/2 Fat

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