



## Spinach and Mushroom Soufflé

### INGREDIENTS:

3 each Eggs, whites only  
½ teaspoon butter, unsalted, melted  
½ cup Panko bread crumbs  
6 cups Spinach, fresh, trimmed of stems  
2 cups Mushrooms, crimini, chopped  
¼ teaspoon Salt and pepper mixed  
1 ½ Tablespoons Cornstarch  
1 1/3 cups Skim milk  
¼ cup Gruyere cheese  
Pinch Nutmeg, ground

### PREPARATION:

- Preheat oven to 400° F.
- Lightly spray 8 ounce ramekins with non-stick pan spray.
- Sprinkle the ramekins with the bread crumbs
- Place the ramekins on a baking sheet
- In medium saute pan, add butter. Saute spinach and mushrooms then season.
- Drain spinach and mushrooms from excess water.
- Then chop cooked vegetables.
- In medium sauce pot, add cornstarch, and then gradually whisk in the skim milk until smooth.
- Bring to light boil over medium heat while whisking frequently.
- Reduce heat, and stir in gruyere cheese.
- Then pour mixture over cooked vegetables, and season with nutmeg.
- In separate bowl whip the egg whites with electric mixer until firm peaks form. Then carefully fold vegetable milk mixture in with the firm egg whites.
- Place equal portions of the egg mixture into the ramekins.
- Reduce the heat of the oven to 375° F.
- Bake for about 20 minutes or until the center is firm and slightly golden brown.

**Number of servings: 4**

**Serving size: 1 each**

**Calories: 148**

**Fat grams: 4**

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