

# Spinach Squares by Lynn's Recipes

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Lynn demonstrates how to make Spinach Squares. These make great appetizers for a party. This recipe is from myhousewifelife, Jen's Cook Nook, but can also be found a lot of other places. You can replace the Pepper Jack Cheese with Cheddar Cheese or Monterey Jack, if you desire.

## Ingredients:

- 20 ounces frozen chopped spinach, defrosted and all of the liquid squeezed out
- 1 cup all purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 pound shredded pepper jack cheese
- ½ cup onion, chopped
- 3 large eggs
- 1 cup milk
- 4 Tablespoons salted butter

Preheat oven to 350°.

Position rack to the center position in the oven.

Using a stand or hand mixer, mix the dry ingredients until blended. Add the spinach, eggs, and onion and mix thoroughly. Add the cheese and mix until incorporated and then add the milk and continue mixing until all mixed together.

Place the butter, that has been cut into cubes in the baking pan and place in the oven. When

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the butter has melted -- don't burn -- take it out of the oven and spread the spinach mixture in the casserole dish and pat until evenly distributed in the dish.

Bake in the preheated oven for 40-50 minutes or until slightly browned and bubbly around the edges. Allow to cool completely before cutting and storing. These can be made ahead and frozen. Thawed Spinach Squares can be reheated on a greased cookie sheet at 350° for 15 minutes or until hot.

[Kitchen Tip on How to Squeeze Spinach](#)

[Link to Kitchen Aid Mixer](#)

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