Spinach Souffle

Moist and light as a feather, this soufflé takes the concept of vegetables to a new level. Even professed spinach-haters like this dish! Many cooks are hesitant to try their hand at making soufflés, but there is nothing mysterious or difficult about the process. If you know how to beat and fold egg whites into a base, your soufflé will be a success. Perhaps the most difficult part of making a soufflé is knowing when it should be taken out of the oven. Use your nose as a guide and remember that a soufflé is meant to be very moist, not dry. Even if your soufflé falls before it gets to the table, it will still taste delicious!

Ingredients:

1 pound fresh spinach
1/4 cup butter or margarine
1/4 cup all-purpose flour
1/4 teaspoon salt
1/8 teaspoon pepper
1 cup milk
1 teaspoon instant minced onion
1 teaspoon salt
1/8 teaspoon nutmeg
3 eggs, separated
1/4 teaspoon cream of tartar

Directions:

Prepare and cook spinach; chop and drain thoroughly. Heat oven to 350 degrees.

Butter one 1-quart soufflé dish or casserole. Melt butter in saucepan over low heat. Blend in flour, 1/4 teaspoon salt and the pepper. Cook over low heat, stirring, until mixture is smooth and bubbly. Remove from heat and stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Remove from heat. Stir in onion, 1 teaspoon salt, and nutmeg.

In a large mixer bowl, beat egg white and cream of tartar until stiff; set aside. In a small mixer bowl, beat egg yolks until very thick and lemon-colored; stir into white sauce mixture. Stir in spinach. Stir about 1/4 of the egg whites into sauce mixture. Gently fold in remaining egg whites.

Carefully pour into soufflé dish. Set soufflé dish into pan of water (1 inch deep). Bake about 60 minutes or until puffed and golden. Serve immediately.

Makes: 4 to 6 servings

Variations
Use similar amounts of the following instead of spinach.
Swiss Chard
Corn - creamed
Carrots - finely grated
Broccoli