

Spinach and Parmesan Souffles

Ingredients

- Cooking spray
- 1 1/2 tablespoons dry breadcrumbs
- 1 (6-ounce) package fresh baby spinach
- 2/3 cup fat-free milk
- 2 tablespoons all-purpose flour
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup (2 ounces) freshly grated Parmigiano-Reggiano cheese
- 2 large egg yolks
- 4 large egg whites
- 1/4 teaspoon cream of tartar

Preparation

Place a baking sheet in the oven. Preheat oven to 425°.

Coat 4 (6-ounce) ramekins with cooking spray; sprinkle evenly with breadcrumbs, tilting and turning dishes to coat sides completely.

Heat a large nonstick skillet over medium-high heat. Lightly coat pan with cooking spray. Add spinach; cook for 2 minutes or until spinach wilts, tossing constantly. Place spinach in a colander; let stand 5 minutes. Squeeze excess liquid from spinach. Coarsely chop spinach.

Combine 2/3 cup milk and the next 4 ingredients (through black pepper) in a small saucepan over medium-high heat, stirring with a whisk until smooth. Cook for 2 minutes or until mixture is thick and bubbly, stirring constantly. Spoon mixture into a large bowl, and let stand for 10 minutes. Stir in spinach, cheese, and egg yolks.

Combine egg whites and cream of tartar in a large bowl, and let stand at room temperature for 15 minutes. Beat with a mixer at high speed until medium peaks form (do not overbeat). Gently stir one-fourth of egg whites into spinach mixture, and gently fold in the remaining egg whites. Gently spoon mixture into prepared dishes. Sharply tap dishes 2 or 3 times on counter to level. Place dishes on preheated baking sheet; return baking sheet to 425° oven. Immediately reduce oven temperature to 350°; bake soufflés at 350° for 21 minutes or until puffy and golden brown. Serve immediately.