Cheesy Potato Spoon Bread

NIBBLEDISH CONTRIBUTOR

Ingredients

4 cups leftover mashed potatoes
1 cup all-purpose flour
3 tbsp butter
1/2 teaspoon onion powder (I used garlic powder.)
salt to taste
1/2 teaspoon ground white pepper
1/2 teaspoon cayenne pepper
4 large eggs, beaten or 1 cup egg substitute
1/4 cup minced parsley (I used 1 tbsp dried parsley.)
8 oz. Pepper Jack Cheese, shredded or cheese of your choice
8 ounces fat-free cream cheese, softened

Instructions

Preheat oven to 425. Butter 6 ramekins or 2-qt. soufflé dish or casserole. Warm potatoes until hot. I used already made microwave mashed potatoes and heated them as directed.

Boil 1 cup water and put flour, margarine, onion powder (or garlic powder), salt, pepper and cayenne pepper in mixing bowl. Pour boiling water over mixture. Using electric mixer on low, beat for 1 minute, and add very hot mashed potatoes. Beat again well. Add eggs, and beat again, until thoroughly combined. Set aside to cool slightly. In another bowl, mix parsley, shredded cheese and cream cheese and then scoop 1/2 cup potato mixture into each ramekin, or put 4 cups into prepared casserole. Make a well in the center and spoon in 2 tablespoons of parsley-cheese filling. Cover filling with 4 tablespoons potato mixture. If using casserole, top with remaining potato mixture. Place ramekins or casserole on baking sheet. Bake for 50 minutes. Let cool 15 minutes before serving. Garnish with sprigs of parsley if desired. Serves 6. po