

Rice and Spinach Casserole

Entrée

Serves 4

Prep time: 15 minutes

Cook time: 45 minutes

Warm and cheesy rice casserole is comfort food for any time of year. Serve with a green salad, fresh fruit, and a cold glass of milk.

Ingredients

- 1 teaspoon olive oil
- 2 cups onion, diced
- 1 tablespoon garlic, minced
- 2 1/2 cups frozen spinach
- 3 eggs
- 1/4 teaspoon salt
- 1/2 cup fat-free sour cream
- 1/4 teaspoon red pepper flakes
- 1 teaspoon dried thyme, or 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh parsley, chopped
- 1 cup pepper jack cheese, grated, divided
- 2 cups cooked brown rice

Preparation

Preheat oven to 350°F. Lightly oil a 9-inch square baking dish.

Sauté onions with olive oil in a large skillet over medium heat. When soft and slightly brown, add garlic and frozen spinach. Cook until spinach has heated through, about 5 minutes. Remove from heat and set aside.

In a large mixing bowl, combine eggs, salt, sour cream, red pepper flakes, thyme, parsley and 3/4 cup grated cheese; whisk until well mixed. Stir in rice, spinach and onions. Pour into the prepared baking dish.

Bake until cooked through, about 35-40 minutes. Top with remaining cheese. Bake for an additional 5 minutes until cheese is bubbly. Let stand 10 minutes before serving.

Nutrition Information

Per serving: 362 calories, 15 g total fat, 6 g saturated fat, 449 mg sodium, 41 g carbohydrates, 6 g fiber, 18 g protein, 357 mg calcium

Provided by:
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