

Nutrition Facts (Serving size 1 1/4 cup): Calories-280; Protein-14g; Carbohydrate-31g; Total Fat-11g; Saturated Fat-4.5g; Cholesterol-110mg; Fiber-5g; Sodium-580mg; Vitamin C-60%; Vitamin A-220%; Iron-25%; Calcium-30%

<http://extension.wsu.edu/farmersmarket/food/Recipes/Crustless%20Spinach%20Pie.pdf>

1. Using a large, non-stick skillet, cook onions and garlic in butter or margarine over medium heat. When onions are soft, add the spinach. Cook for about 2 minutes. Put in a large bowl.
2. Add all other ingredients and mix well.
3. Spray an 8" x 8" casserole dish with cooking spray. Spread rice mixture in dish and cover tightly with aluminum foil. Bake at 350° F for 35 minutes.

Food Sense Tip

- Choose low-fat or fat-free milk or fortified soymilk. They each have the same key nutrients like calcium, Vitamin D, and potassium with less calories than whole milk.



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Directions

Prep time: 15 minutes | Cooking time: 35 minutes | Number of servings: 4

QUICK WHOLE GRAINS

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Spinach-Rice Casserole

Prep time: 15 minutes | Cooking time: 35 minutes | Number of servings: 4

- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1 tablespoon butter or margarine
- 1 pound fresh spinach, chopped
- 2 eggs, lightly beaten
- 2 cups cooked brown rice
- 1/2 cup nonfat or low-fat milk
- 1/2 cup shredded cheddar cheese
- 1 tablespoon soy sauce
- Vegetable oil cooking spray

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Recipe Substitutions

To lower sodium: Use low-sodium soy sauce.

Use less regular soy sauce.

To lower saturated fat and cholesterol:

Use low-fat cheese.

Use only one of the egg yolks.

Use vegetable oil instead of butter.

Use nonfat milk.

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