

## Spinach-Rice Casserole

Serves 12 | Serving size: 1 cup

Ingredients Needed:

- 1 cup onion, chopped
- 2 cloves garlic, minced or 1 teaspoon minced garlic
- 3 tablespoons butter
- 1 pound (~15 cups) fresh spinach (or other greens such as bok choy, Swiss chard or kale), chopped
- 4 eggs, beaten
- 4 cups cooked brown or white rice
- 1 cup fat-free (skim) milk
- 1 1/2 cups low-fat cheese, shredded
- 2 tablespoons lite soy sauce
- Black pepper to taste



Directions:

1. Sauté onions and garlic in butter over medium heat. When onions are soft, add spinach. Cook for 2 minutes or until wilted.
2. Combine all ingredients and mix well. Spread into a well-greased casserole dish and cover with foil.
3. Bake at 350°F for 35 minutes.
4. Remove the foil and bake for 10 minutes.