

HERB SPINACH BAKE

You'll Need -

10 1/2 ounce package frozen spinach
2 cups brown rice, cooked
3/4 cup reduced fat cheddar cheese,
shredded
2/3 cup low-fat milk
(**Or** 4 tablespoons nonfat dry milk
+ 2/3 cup water)
1/4 cup light tub margarine
1/4 cup onion, chopped
2 teaspoons salt (optional)
1 teaspoon Worcestershire sauce
1 teaspoon thyme, ground

Take Out -

13x9 inch baking dish
Microwave safe baking dish
Measuring cups and spoons
Large bowl
Aluminum foil
Mixing spoon
Knife
Cutting board
Grater

1. Wash hands and assemble clean equipment.
2. Preheat oven to 350° F and grease a 13 x 9-inch baking pan.
3. Cook spinach according to package directions in microwave. Drain.
4. Combine spinach with remaining ingredients in a large bowl.
5. Pour into pan. Cover with foil and bake for 20 minutes.
6. Uncover and bake an additional 5 minutes or until set. **Makes 16 servings.**

Nutrient Analysis, per serving: 58 calories, 8 g. carbohydrates, 3 g. protein, 2 g. fat, Cholesterol 1 mg., 1 g. fiber, Sodium 381 mg. (omit added salt – 90 mg)