



Herbed Spinach Bake

Yield: 8 servings

Serving size: 1/8th recipe

Ingredients:

1 can spinach (15.5 ounces)

2 cups cooked rice

3/4 cup cheese, low-fat shredded or 4 slices

2/3 cup low-fat milk, 1%

3 tablespoons butter, soft (or margarine)

1/2 teaspoon Worcestershire sauce

3/4 teaspoon Thyme, dried

1/4 teaspoon black pepper

1/4 cup onion, diced

Directions:

Preheat oven to 350°F. Using a spoon, slowly drain the canned spinach to remove liquid. In a large mixing bowl, combine spinach with remaining ingredients.

Transfer the mixture in a baking dish. Cover and bake for 20 minutes. Uncover and bake an additional 5 minutes or until set.

Nutrition Information per Serving:

Calories 130, Fat 6g, Protein 6g, Sodium 290mg, Carbohydrate 15g, Fiber 2g