



Herbed Spinach Bake

Yield: 8 servings

Serving size: 1/4th recipe

Ingredients:

1 can spinach (15.5 ounces)

2 cups cooked rice

34 cup cheese, low-fat shredded or 4 slices

¾ cup low-fat milk, 1%

3 tablespoons butter, soft (or margarine)

½ teaspoon Worcestershire sauce

¾ teaspoon Thyme, dried

¼ teaspoon black pepper

¼ 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

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