

BFES Healthy Recipes 2011

From the Kitchen of:

Judith Day

Healthy Recipe Title:

Spinach-Feta and Brown Rice Bake

Ingredients:

2 Cups of Brown Rice (cooked)	3 eggs
1 Large Bag of Organic Baby Spinach (chopped)	¾ Cup of milk
1 tsp. minced garlic	4 oz. Feta Cheese (crumbled)
1 Med. Onion (thinly sliced)	1 ½ Cup Colby Jack Cheese (grated)
3 Tbl. Olive Oil	½ Cup Parmesan (shredded)
¼ tsp. Sea Salt	*Optional: Tzatziki Sauce or Greek Yogurt
¼ tsp. nutmeg	

Directions:

Preheat oven to 350.° Grease 13" x 9" casserole with olive oil. Press cooked rice into bottom of pan to make a thick crust. Set aside. Heat olive oil in large sauté pan. Add garlic, onion, and spinach. Cover and cook just until spinach wilts. Sprinkle with salt and nutmeg.

Beat eggs and milk in medium size mixing bowl. Add Feta and Colby Jack cheese to egg mixture. Stir spinach sauté into the mixture. Mix well. Pour mixture over brown rice crust in casserole. Spread evenly and sprinkle with parmesan.

Bake for 40-45 minutes. Cut into squares. Delicious when topped with Plain Greek yogurt or Tzatziki sauce.