

Vegetarian Spinach Rice Bake

SERVINGS: 4

READY IN: 45 minutes

INGREDIENTS:

- 2 cups cooked brown rice (3/4 c. raw)
- 1 cup grated cheddar cheese or swiss cheese
- 2 eggs, beaten
- 2 tablespoons chopped fresh parsley
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 lb fresh spinach, chopped
- 2 tablespoons wheat germ
- 1 tablespoon melted butter

INSTRUCTIONS:

Preheat oven to 350 degrees.

Combine rice and cheese. In a separate bowl combine eggs, parsley, salt & pepper. Add the two mixtures to the uncooked spinach and pour into a greased casserole. Mix butter and wheat germ and spread on top. Bake for 35 minutes.

Note: The mixture will look like a scant amount of rice and a lot of leafy spinach. The spinach will bake down considerably.