

# Spinach-Rice Casserole

from Moosewood Cookbook, submitted by Coral McDonnell

40 minutes to prepare. (Get everything else ready while the rice cooks.)

About 40 minutes more to bake. Yield: About six servings

The original version contained 4 eggs. This one has only 2, and they're optional. Also, you can experiment by replacing some or all of the spinach with other greens: mustard, kale, collard, etc.

## INGREDIENTS

2 cups uncooked brown rice (long or short grain)  
1 Tbsp. butter, margarine, or olive oil  
2 cups onion, minced  
2 pounds spinach, fresh, stemmed, and finely chopped  
1 tsp. salt  
4–5 medium cloves garlic, minced  
¼ tsp. nutmeg  
¼ tsp. cayenne  
black pepper, to taste  
1–2 tsp. prepared mustard (optional)  
½ cup sunflower seeds  
2 eggs, beaten (optional)  
1 cup milk, lowfat (optional)  
1½ cups cheddar, grated, packed  
paprika

## DIRECTIONS

Place the rice in a medium-sized saucepan with 3 cups water. Cover, bring to a boil, then lower to the slowest possible simmer. Cook, covered and undisturbed, for 35–40 minutes. Remove from heat, transfer to a medium-sized bowl, and fluff with a fork.

Preheat oven to 350 degrees F. Oil a 9x13-inch pan.

Heat the oil in a deep skillet. Add onion, and saute 5–8 minutes, until soft. Add spinach, salt, and garlic, and cook about 5 minutes more over medium heat, stirring frequently. Add this to the rice, along with the seasonings and half the sunflower seeds. Mix well.

Purely optional: Beat together eggs and milk, and stir this into the spinach-rice mixture, along with the grated cheese.

Spread into prepared pan, sprinkle with the remaining sunflower seeds and dust with paprika. Bake uncovered for 35–40 minutes until heated through and lightly browned on top.