

# Herb Spinach Bake

**Yield** 8 Servings

## Ingredients

1 can	spinach (15.5 ounces)
2 cups	cooked brown rice
3/4 cups	cheddar cheese, low-fat shredded
2/3 cups	milk, 1%
3 tablespoons	butter, soft (or margarine)
1 teaspoon	salt (optional)
1/2 teaspoon	Worcestershire sauce
1/2 teaspoon	thyme, dried
1/4 cup	onion, diced

## Instructions

- Preheat oven to 350°F.
- Drain canned spinach to remove liquid.
- Combine spinach with remaining ingredients in a large bowl.
- Cover and bake for 20 minutes.
- Uncover and bake an additional 5 minutes or until set.

## Cost

Per recipe: \$3.43  
 Per serving: \$0.43

## Source

Food Bank of Delaware. [Recipes in a SNAP](#).

## Notes

Milk can be substituted with 4 Tablespoons dry milk + 2/3 cup water.

<b>Nutrition Facts</b>	
Serving Size 1/8 of recipe (145g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 6g	
Vitamin A 110%	Vitamin C 15%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	