

Greek Spinach Feta Casserole



Spinach is delicious and packed with nutrients such as:

Vitamin K: for heart health, bone strength and a strong immune system

Vitamin A: is an antioxidant for eye, heart, and skin health

Manganese: regulates blood sugar, needed to make SOD, the most important antioxidant made by the body

Folate/vitamin B9: protects against lung, colon, and cervical cancer

This dish is a favorite for those with hectic schedules. Even my children, who hate cooked spinach, enjoy its taste when it is baked.

Ingredients

- 3 cups (1 L) cooked brown rice
 - 1½ cups raw organic brown rice cooked in 3 cups of water
- 1 cup (250 mL) finely chopped onion
- 6 large garlic cloves, minced
- 5 free range eggs, beaten
- 1 cup organic cream or milk substitute
- 1½ cups (375 mL) crumbled feta cheese, not too small
- ½ cup (125 mL) pitted kalamata olives (optional)
- 1 tbsp (15 mL) organic and wheat-free tamari or low-salt soy sauce
- 1 tsp (5 mL) crushed fennel seeds
- 1 lbs (454 g) raw organic spinach, or 1 large bag (washed and dried well)
- 1½ cups (375 mL) grated cheddar cheese (enough to cover the top of the casserole)

Instructions

1. Preheat oven to 375°F (190°C).
2. Combine egg, tamari, cream, fennel seeds, and minced garlic together
3. In a very large bowl, alternate folding in rice, then egg mixture, spinach and feta until loosely mixed. (Do not bruise spinach by over mixing)
4. Spread mixture into a buttered casserole dish 9 in × 12 in (22 cm × 30 cm) and sprinkle the top with the grated cheese.
5. Bake for one hour until bubbling hot and the cheese is melted.
6. Serve with Greek salad, organic roasted chicken, pita, and hummus dip for a Greek treat.

Makes 6 large servings.