

# Brazilian Rice

This vegetarian dish combines leafy greens and high fiber brown rice to make a wholesome side dish or a satisfying main dish.

Makes: 8 servings  
 Prep Time: 15 minutes  
 Cook Time: 30 minutes

Source: MyPlate Kitchen, Brazilian Rice

## Ingredients

- 2 12-ounce packages of frozen spinach (thawed)
- 1 cup brown rice (cooked)
- 2 tablespoons olive oil
- 1 cup egg-white or egg substitute (liquid)
- 3/4 cup mozzarella cheese, fat-free (shredded)
- 1 cup milk (fat-free)
- 1/2 onion (medium, chopped)
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon marjoram (dried)
- 1/4 teaspoon thyme (dried)
- 1/4 teaspoon rosemary (dried)
- Non-stick cooking spray

## Directions

1. Preheat oven to 350 degrees.
2. Spray a 2-quart baking dish with vegetable oil spray.
3. Place thawed spinach in a colander and press to remove excess water.
4. Place the spinach in a large mixing bowl and add remaining ingredients. Mix until combined.
5. Transfer the mixture to the baking dish and place in the preheated oven. Bake for 30 minutes.
6. Cut the casserole into eight squares and serve.



Small Changes,  
 BIG Difference!



## Nutrition Information

Serving Size: 1 square (3/4 cup)

Nutrients	Amount
Calories:	111
Total Fat:	4 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	179 mg
Total Carbohydrates:	10 g
Dietary Fiber:	2 g
Total Sugars:	2 g
Added Sugars:	0 g
Protein	9 g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Colander
- Large mixing bowl
- Spoon or spatula
- Baking dish (2-quart)

# SHOPPING LIST

Average total cost without oil and seasonings: \$13.13

Average cost/serving: \$1.64

Recipe makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

## Ingredients



Add 2 to Cart  
Frozen Spinach (12 oz.)



Add 1 to Cart  
Part-Skim Mozzarella Cheese (8 oz.)



Add 1 to Cart  
Brown Rice (32 oz.)



Add 1 to Cart  
Nonfat Milk (1/2 gallon)



Add 1 to Cart  
Liquid Egg Whites (32 oz.)



Add 1 to Cart  
Worcestershire Sauce (10 fl. oz.)



Add 1 to Cart  
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## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Preparation Tips

- This casserole can be prepared 1 day in advance and refrigerated.
- Serve with a side of fruit or top with tomatoes and onions for a well-rounded meal!