

Cheesy Spinach and Rice Casserole

Submitted by Letitia Mitchell, Dallas TX

View her Profile: <http://www.ziprealty.com/agent/lemitchell>

Ingredients:

- 1 C. Uncooked white rice
- 1 Medium onion, chopped
- 2 ½ C. Low fat milk
- 2 C. Grated cheddar cheese
- 1 (10oz) Package frozen chopped spinach, thawed
- ½ Tsp. Salt
- Black pepper to taste

Preparation:

1. Preheat oven to 350°F.
2. Combine all ingredients and place in a buttered, 2-quart casserole.
3. Cover and bake 65 minutes or until liquid is absorbed and rice is cooked through.

