

Recipes from Sunday Supper on January 15, 2023

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Spinach Rice Casserole

Shockingly Delicious.com

Serves 6

Spinach Rice Casserole is a cheesy, comforting hug that is much more than the sum of its parts. This simple heritage recipe finds new fans today. Serve with a salad, for lunch or dinner.

- 3 cups cooked rice (white or brown)
 - 1 (10-ounce) package frozen chopped spinach, thawed and drained (no need to squeeze it bone dry)
 - 4 tablespoons butter, melted
 - 1 tablespoon finely minced onion (or up to 1/4 cup chopped shallot or onion)
 - 1/2 teaspoon salt (seasoned salt is optional)
 - 3/4 pound (12 ounces) grated sharp cheddar cheese
 - 1 cup milk
 - 4 eggs
1. Heat oven to 350F degrees. Lightly mist an 8-9" round or square casserole dish with nonstick spray.
 2. In a large bowl, add cooked rice, spinach, butter, onion, salt and cheese.
 3. In a 4-cup measure, pour milk and add eggs. Whisk to combine. Pour into the bowl with rice-spinach mixture and stir well to combine.
 4. Pour into prepared casserole dish and bake for 45 minutes.

Optional additions: garlic, red pepper flakes, oregano, dill

Best Simple Tossed Green Salad

6 Servings

Salad

- 5 c loosely packed mixed greens or any favorite lettuce
- 2 T shelled sunflower seeds
- ¼ c crumbled bacon or bacon bits
- ¼ c red onion, thinly sliced
- 1 cucumber, peeled and thinly sliced

In a large bowl, combine salad ingredients. Just before serving add dressing to taste and toss to combine.

Optional additions: feta cheese, beets, green onion, cranberries

Balsamic Vinaigrette Dressing

- 2 T honey
- 1 T Dijon mustard
- ½ t sea salt
- ½ t pepper
- 1 large garlic clove, minced
- ¼ c balsamic vinegar
- ¾ c olive oil

1. In a small mixing bowl, whisk together the honey, balsamic, mustard, salt, pepper and garlic.
2. Add the oil and whisk thoroughly to combine. Continue whisking until the dressing is fully emulsified.
3. Store in a jar with a lid and refrigerate. Shake well before serving.