

Spinach and Rice Casserole

3 eggs, beaten
2/3 cup (160 ml) milk
2 Tbs (30 ml) olive oil
1 medium onion, finely chopped
2 Tbs (30 ml) chopped fresh parsley
1 tsp (5 ml) dried thyme
A grinding of fresh nutmeg
Salt and freshly ground pepper to taste
3 cups (750 ml) cooked brown or white
long-grain rice
3 cups (750 ml) grated Swiss or cheddar cheese
2 packages (10 oz, 280 g each) frozen chopped
spinach, thawed and squeezed dry

Whisk together the eggs, milk, olive oil, onion, parsley, thyme, nutmeg, salt, and pepper in a mixing bowl. Fold in the rice, 2 cups (500 ml) or the cheese, and spinach. Pour into a greased baking dish and bake uncovered in a preheated 350F (180C) oven until bubbly, about 45 minutes. Sprinkle with remaining cheese and bake uncovered until the cheese melts, about 5 minutes. Serves 6 to 8.