

Cheese and Rice Pie

A. Barnaed

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

*1 package (10 ounce)
frozen chopped spinach,
thawed and undrained
3 eggs
1 cup buttermilk
1 1/2 cups cooked rice
1/2 cup shredded Swiss
cheese
1 1/2 teaspoons dried dill
1/2 teaspoon dried mint
1/8 teaspoon cayenne
pepper
1/8 teaspoon grated nutmeg*

Coat a nine-inch pie plate with nonstick cooking spray.

Preheat the oven to 350 degrees.

Spread the undrained spinach in the bottom and up the sides of the pie plate.

Bake for 8 minutes.

In a large bowl, whisk together the eggs and buttermilk. Stir in the rice, Swiss, dill, mint, cayenne and nutmeg. Pour into the spinach crust.

Bake for 30 minutes or until a knife inserted in the center comes out clean.

Per Serving (excluding unknown items): 252 Calories; 9g Fat (30.9% calories from fat); 16g Protein; 28g Carbohydrate; 4g Dietary Fiber; 174mg Cholesterol; 240mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat.