

Side Dish

Spinach-Cheese Casserole

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

2 slices bacon
1/2 cup carrot, chopped
1/4 cup onion, chopped
1 can (11 oz) condensed Cheddar cheese soup
2 packages (10 oz) frozen chopped spinach, thawed and drained
1 cup cooked rice
1/4 cup milk

Preheat oven to 375 degrees.

In a 2-quart saucepan, cook bacon until crisp; drain, reserving drippings. Crumble bacon and set aside. In the reserved drippings, cook carrot and onion until onion is tender. Stir in soup, spinach, rice and milk. Place mixture into a 1-quart casserole.

Bake, covered, until heated through, 35 to 40 minutes.

Sprinkle with the crumbled bacon.

Per Serving (excluding unknown items): 102 Calories; 2g Fat (15.9% calories from fat); 6g Protein; 17g Carbohydrate; 5g Dietary Fiber; 3mg Cholesterol; 155mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 0 Fat.