

# SPINACH, FETA & DILL CASSEROLE

This vegetarian dish would work for breakfast, lunch, or dinner!

## INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 3 cups cooked brown rice
- ½ cup chopped onion
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 3 large cloves garlic, grated
- ¾ cup crumbled feta cheese
- ¼ cup chopped fresh dill
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 4 large eggs
- ¼ cup sour cream
- 1 tablespoon lemon zest

## DIRECTIONS

### STEP 1

Preheat oven to 425°F.

Heat oil in a large ovenproof skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 4 minutes. Add spinach and garlic; cook, stirring, for another minute. Remove from heat and let cool slightly. Add rice, feta, dill, pepper and salt to the pan; stir to combine.

### STEP 2

Whisk eggs, sour cream and lemon zest in a medium bowl. Add to the rice mixture and stir well to combine. Smooth the top with a rubber spatula. Bake until lightly browned in spots, about 25-35 minutes, depending on the oven and depth of skillet. Let stand for 5 minutes before serving.

## NUTRITION FACTS

Serving Size: 1 cup | Total servings: 6

Per Serving: 319 calories, total carbohydrate 31g, dietary fiber 3g, total sugars 2g, protein 12g, total fat 17g, saturated fat 6g, cholesterol 145mg



**Wisconsin Athletic Club**

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