

# Green Eggs and Rice

This is an easy one-dish whole food meal rich in protein, fiber, healthy fat, and vegetables. It also allows lots of flexibility. You can use fresh spinach instead of frozen (just steam it a bit first), or replace the spinach with other fresh or frozen greens, or something like chopped cooked broccoli or asparagus. You can use sliced green onions instead of regular onions, and a different type of cheese or milk. You can use any leftover brown rice – or cooked quinoa or millet, or whole grain pasta – but white rice does *not* have the nutritional caliber to qualify. For people getting used to brown rice you can reduce the amount of rice. Leftovers are delicious heated for lunch the next day. Using this recipe as a basic model, and given that you probably have eggs, milk, and cheese on hand, you may want to put this on the *Ten Most Useful Recipes* list.

*(Serves 4 as a main dish, more as a side dish)*

- 1 bag (16 ounces) or 2 boxes (10 ounces each) frozen chopped spinach
- 2 tablespoons extra-virgin olive oil
- 1 medium-large onion in ¼-inch dice (about 3 cups)
  
- 4 eggs
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1½ cups fresh or evaporated whole milk
- 4 ounces sharp cheddar cheese, grated (about 1½ cups)
- 2 cups *cooked* brown rice (see page 171)

***Preheat oven to 300 degrees. Oil a shallow 1½-quart casserole dish.***

1. Place frozen spinach into a pot or skillet with a lid. Place over a low heat, covered, for 20 – 30 minutes or until completely thawed and hot through. There is no need to drain the spinach at all.
2. Heat oil in a sturdy 10-inch skillet over medium-high heat and sauté onion for 10 – 15 minutes or until very tender. It's fine if the onions are just beginning to turn brown at the edges. (If you use a non-stick skillet you shouldn't use more than medium heat, so it will take longer.) Remove from heat and set aside.
3. Whisk eggs in a mixing bowl or an 8-cup Pyrex jug. Add seasoning, milk, cheese, and rice, and mix well. Blend in spinach and onions. *(You can combine the whole mixture hours or even a day ahead, but bring to room temperature and stir again before you transfer it to the cooking dish.)*
4. Scrape into oiled casserole and bake uncovered at 300 degrees for about 60 minutes or until it is no longer wet in the center. *You can cook it at 325 degrees if you want it to finish cooking a little sooner, but a custard-based dish like this will have a better texture cooked at a lower temperature. If you notice mixture bubbling around the edges, reduce heat by 50 degrees.*

Excerpted from *Good Food, Great Medicine*. For more information see: [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com)