

“Healthified” Spinach and Rice Casserole

2 tsp. olive oil	2 boxes (9 oz. each) Green Giant®
3 medium carrots, chopped (1 ½ cups)	frozen chopped spinach, thawed, drained
2/3 cup chopped celery	1 ½ cup uncooked instant brown rice
1 medium onion, chopped (½ cup)	1 tsp. Italian seasoning
1 clove garlic, finely chopped	½ tsp. pepper
1 ¾ cups water	1 cup diced cooked ham
1 can (10 ¾ oz.) condensed 98% fat-free cream of mushroom soup	¾ cup shredded reduced-fat Cheddar cheese (3 oz.)
	¼ cup grated Parmesan cheese

Heat oven to 350°F. Spray 13X 9-inch (3-quart) glass baking dish with cooking spray.

In 3-quart saucepan, heat oil over medium-high heat. Add carrots, celery, onion and garlic; cook 5 minutes, stirring occasionally. Add water and soup; heat to boiling. Add spinach, rice, Italian seasoning and pepper; return to boiling. Remove from heat; stir in ham, ¼ cup of the Cheddar cheese and the Parmesan cheese. Spread in baking dish. Cover with foil.

Bake 30-35 minutes or until bubbly. Sprinkle with remaining ½ cup Cheddar cheese. Let stand uncovered 5 minutes or until cheese is melted. 8 servings (1 cup each)

Calories 220 / Fat 8g

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