



Deanne Garrett

Better Living for Texans
Program Assistant

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040
Fax: (832) 471-2400

WEBSITE:

<http://fortbend.agrilife.org>

EMAIL:

deanne.garrett@ag.tamu.edu

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Spinach Squares

Prep Time: 30 minutes

Cook Time: 25 minutes

Cost per serving: \$0.74

What you need:

Utensils:

- Large skillet
- Large mixing bowl
- Measuring cups
- Mixing spoon
- 13 X 10 inch baking pan
- Table knife

Ingredients:

- 2 cups cooked rice (brown rice optional)
- 1½ cups thawed chopped
- spinach
- 1½ cups grated part-skim
- mozzarella cheese
- Salt, pepper, and garlic to taste

What to do:

1. Wash your hands and clean your cooking area.
2. Preheat oven to 400°F.
3. Mix all ingredients well.
4. Pour into a 13 X 10 inch baking dish.
5. Bake for 20-25 minutes.
6. Cut into squares and serve warm.

Nutrition Facts

Serving Size 3/4 - 1 cup
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 350mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 10g	
Vitamin A 40%	• Vitamin C 20%
Calcium 30%	• Iron 4%