

Cheesy Spinach and Rice Casserole

Serves 4-6

1 16- or 20-ounce bag or 2 10-ounce boxes frozen chopped spinach, defrosted
3 cups cooked rice, white or brown
1/4 cup fresh parsley, chopped
1/4 cup minced onion
1 1/2 cups shredded cheese such as cheddar or Monterey Jack
1/2 teaspoon salt or to taste
1/4 teaspoon pepper or to taste
2 eggs
1 cup milk, any fat content

The day before: Put your package(s) of frozen spinach (make sure it's chopped) in a bowl in the refrigerator to defrost. Take the spinach out an hour or two before cooking so it's totally defrosted.

Prepare either white or brown rice so you have 3 cups cooked. Leftover rice is perfect as well. It's better if the rice is cooled when you used it in the casserole.

Day of cooking:

Prepare either white or brown rice so you have 3 cups cooked. Leftover rice is perfect as well. It's better if the rice is cooled when you used it in the casserole.

Preheat oven to 350 degrees. Grease an 8x8 or 9x9 baking dish with butter, oil or spray oil.

Place the spinach in a colander or strainer to drain. With the back of a large spoon and/or your hands, squeeze as much water out of the spinach as you can.

In a large bowl, mix spinach, rice, parsley, onion, cheese, salt and pepper together. In a separate bowl, beat the eggs, then add the milk and mix together well. Pour the egg-milk mixture over spinach-rice mixture. Stir well to combine. Pour the mixture into the prepared baking dish and gently pat the top smooth.

Bake for 35-45 minutes until bubbly and just starting to lightly brown in spots. Eat it cold or hot. It also freezes beautifully. To heat, fully defrost and reheat at 350 degrees for 15 minutes.

Note: For Hased cooking, please use a disposable pan. Wrap the whole cooled casserole in the pan very well in aluminum foil and freeze.

Sour Cream Chocolate Bread

It's cooked in a loaf pan, but this chocolatey "bread" is a perfect sweet treat for dessert or with a cup of coffee or tea. You might be tempted to use a mixer, but don't. The thick batter comes together easily with just a wooden spoon

1/2 cup (1 stick) butter, softened to room temperature
1 cup sugar
2 large eggs lightly beaten
1 cup sour cream
1 teaspoon vanilla extract
1 3/4 cups all-purpose flour
1/2 cup unsweetened cocoa powder
1/2 teaspoon baking powder
1/2 teaspoon salt
1 cup chocolate chips (bittersweet, milk or white chocolate)

5-6 hours before baking: take out the butter so it can soften

Day of cooking: Preheat oven to 350 degrees. Grease with cooking spray 1 standard (8½ x 4½ inch) or 3 smaller loaf pans.

In a large mixing bowl, use a wooden spoon to cream butter and sugar together. Add eggs, sour cream and vanilla extract, then beat until smooth and creamy. In a separate mixing bowl, combine dry ingredients and use a fork or whisk to blend well. Add dry ingredients to wet and stir with wooden spoon just until completely combined. Don't over-mix. Quickly stir in the chips.

Spoon batter into greased loaf pan(s) to ¾ full. Keep edges and sides of the pan clean, wiping them with a damp paper towel if needed. Gently tap each pan on counter to remove any large air bubbles. Bake larger loaves for 40-45 minutes, about 30-35 if smaller pans, until toothpick inserted in center comes out clean.

Let bread rest in pan for 20 minutes before removing to cool completely. Good served dusted with confectioner's sugar and with some fresh berries.

Note: For Hased cooking, please use a disposable pan or pans. Wrap the whole cooled chocolate bread(s) in the pans and freeze overnight. Deliver the frozen items to the Adas parking lot between 10 am-Noon on Sunday, April 18.