

Spinach, Feta & Rice Casserole from Eatingwell.com

3 tablespoons extra-virgin olive oil

½ cup chopped onion

1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry

3 large cloves garlic, grated

3 cups cooked brown rice

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

Preheat oven to 425 degrees F.

Heat oil in a large ovenproof skillet (preferably cast-iron) 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.

Whisk eggs and sour cream 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 minutes. Let stand for 5 minutes before serving.