

Fish with Spinach Rice

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Wheat, Dairy, Soy**

Fish fillets of choice (1 lb.)

½ standard bag of frozen spinach (cooked)

2 cups of rice

4 cups of water

Pepper to taste

Lemon (optional)

Preheat oven to 375 F. Pour 2 cups of rice into a casserole dish. Cover with 4 cups of water and mix with spinach. Place the fish filets on top of the rice mixture and sprinkle lightly with salt and lemon (if desired). Place in the oven and bake for roughly 20 to 25 minutes or until the rice is soft and the fish is flakey. Add water as needed during baking. If the fish cooks faster than the rice, cover with aluminum foil and continue baking. Serve warm.

Servings: 2 – 4 (\$4.40 +/-serving)