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# Spinach & Wild Rice Casserole ✂

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## SPINACH & WILD RICE CASSEROLE

Servings: 12

### Ingredients

- 4 cups cooked wild rice
- 2 pounds washed spinach
- 4 eggs
- 2 bunches green onions
- 1 teaspoon salt
- 1 cup sunflower seed
- ½ teaspoon pepper
- 4 tablespoons chopped parsley
- ½ pound Cheddar cheese grated fine
- 2 tablespoons sesame seeds
- 2 tablespoons butter



  
CAROLYN MAUL

### Directions

- Beat 4 eggs with salt, pepper, stir into rice. Stir in cheese and parsley.
- Tear stems from spinach and chop these tough stems very fine. Fry them lightly with 2 big bunches of green onions chopped fine (including most of the green part).
- Tear up or chop coarsely the spinach leaves and stir them into the frying pan to wilt a little. Then stir it all into the rice mix.
- Stir in some sunflower seeds. Taste for seasoning. Pack into 1 or 2 greased heavy casseroles.
- Top with toasted sesame seeds.
- Bake at 350° for 35 minutes, uncovered.

  
CAROLYN MAUL



CarolynMaul  
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