



# Spinach, Leek & Brown Rice Pie

Fall Winter Spring Summer

## NUTRITION INFORMATION

**SERVING SIZE:** ½ cup

**Amount per Serving**

Calories	332 kcal
Protein	19.80 g
Carbohydrate	28.87 g
Total Fat	15.35 g
Saturated Fat	8.57 g
Cholesterol	133.19 mg
Vitamin A	1490.09 IU
Vitamin C	5.34 mg
Iron	2.16 mg
Calcium	410.82 mg
Sodium	549.54 mg
Dietary Fiber	1.85 g

**EQUIVALENTS:** ½ cup provides 1 oz equiv WGR grain, ¼ cup other vegetable and 3 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“Leeks are a fun alternative to onions. They add color and are often available locally in Vermont until December.”

— ABBIE NELSON

# Spinach, Leek & Brown Rice Pie • 48 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Water		3 qt	① Bring water to a boil in a large pot. Add rice, cover, reduce heat to low and cook until tender, about 40 minutes. Spread on a sheet pan and let cool.	
Brown rice	2 lb 12 oz	1 qt + 2⅔ cups		
Fresh spinach leaves		1 qt + 2¼ cups	② Bring a large saucepan of water to a boil. Add spinach and cook until tender, about 1 minute. Cool and squeeze out excess liquid. Chop into ½-inch pieces.	
Unsalted butter or vegetable oil		1½ cups	③ Melt butter (or heat oil) in a large skillet over medium heat. Add leeks (or onions) and garlic. Cook, stirring occasionally, until translucent, about 10 minutes. Remove from the heat. Stir in the spinach and thyme. Set aside.	
Sliced or diced leeks or onions (¼-inch pieces)	3 lb			
Finely chopped garlic		¾ cup		
Dried thyme leaves		¼ cup		
			④ Preheat convection oven to 300°F or conventional oven to 325°F. Coat two 2-inch hotel pans with cooking spray.	
Nonfat cottage cheese		1 qt + 2¼ cups	⑤ Purée cottage cheese in a food processor fitted with a steel blade until smooth. Add 3 qt Cheddar cheese, milk, eggs and Parmesan cheese and blend until smooth. Transfer to a large bowl. Stir in salt and pepper. Add the rice and the spinach mixture; stir to combine.	
Shredded reduced-fat Cheddar cheese		3 qt + 2 cups, divided		
Low-fat milk		1 qt + 2¼ cups		
Eggs		25 large		
Grated Parmesan cheese		¾ cup		
Kosher salt		1½ Tblsp		
Ground black pepper		¼ cup		
				⑥ Divide the mixture between the prepared pans. Sprinkle each pan with 1 cup of the remaining Cheddar cheese. Bake until light brown, 32 to 35 minutes.