

Creamed Spinach with Salmon



INGREDIENTS

- 1 cup uncooked brown rice **OR** uncooked farro
- 10 ounces frozen chopped spinach
- 2 tablespoons light tub margarine
- 2 tablespoons all-purpose flour
- ½ cup fat-free dry milk powder plus 2 cups water **OR** 2 cups fat-free milk
- ¼ teaspoon pepper
- ⅛ teaspoon ground nutmeg
- 2 5-ounce cans boneless, skinless salmon in water (lowest sodium available), drained and flaked



SERVINGS: 4

SERVING SIZE: 1¼ cups

COST PER SERVING: \$1.95

CALORIES

371 Per Serving

PROTEIN

24g Per Serving

FIBER

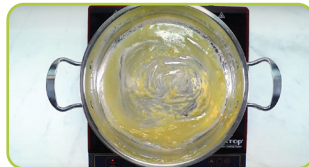
4g Per Serving



STEP 1: Prepare the rice using the package directions, omitting the salt and margarine.



STEP 2: Cook the spinach using the package directions. Drain well. Let cool slightly.



STEP 3: In a large saucepan, melt the margarine over medium-low heat. Whisk in the flour. Cook for 30 seconds.



STEP 4: In a small bowl, whisk together the dry milk powder and water until well blended.



STEP 5: Whisk in the milk mixture, pepper, and nutmeg. Increase the heat to medium. Cook for 5 minutes, whisking occasionally.



STEP 6: Stir in the salmon and spinach. Cook for 2 minutes. Serve over the rice.