

## Creamed Spinach & Chicken Casserole

Serves 4

### INGREDIENTS

- 20 g butter
- 150 g red onion, chopped (≈1 medium)
- 1.2 g salt + MSG blend, divided
- 9 g garlic, finely chopped (≈3 cloves)
- 1 tsp Italian seasoning
- ¼ tsp crushed red pepper (optional)
- 25 g all-purpose flour
- 450 g soy milk (7-11 糖質 75%オフ)
- 0.5 g ground black pepper
- ¼ tsp smoked paprika
- ⅛ tsp ground nutmeg
- 420 g fresh spinach, trimmed (≈2 Japanese packages; yields ≈210 g cooked)
- 75 g garlic-and-herb cheese spread (Boursin-type)
- 300 g cooked long-grain brown rice
- 300 g cooked chicken breast, shredded
- ½ tsp lemon zest
- 1 T lemon juice
- 80 g melting cheese (*see Notes*)
- 25 g grated Parmesan cheese



### INSTRUCTIONS

1. Preheat oven to **170°C** (*see Notes*). Lightly oil a medium baking dish (approx. 20 × 20 cm).
2. Melt **butter** in a large skillet over **medium heat**.
3. Add **onion** and ¼ **tsp salt+MSG**; cook until softened, **about 8 minutes**.
4. Add **garlic**, **Italian seasoning**, and **crushed red pepper**; **cook 1 minute** until fragrant.
5. Sprinkle in **flour** and cook, stirring, for **1 minute**.
6. Gradually whisk in **soy milk**. Cook, stirring constantly, until slightly thickened, **4–5 minutes**.
7. Add **pepper**, **smoked paprika**, **nutmeg**, and **remaining salt+MSG**.
8. Add **spinach** and **garlic-and-herb cheese**; cook until spinach is wilted and cheese fully incorporated, **about 2 minutes**.
9. Transfer mixture to a large bowl. Fold in **rice**, **chicken**, **lemon zest**, and **lemon juice**.
10. Transfer to baking dish. Sprinkle with **melting cheese** and **Parmesan**.
11. Bake uncovered until heated through and cheese is melted, **20–25 minutes**.
12. For browning, use a kitchen torch briefly OR raise oven to **220°C** and place dish on upper rack for **3–5 minutes**.

## NOTES

- **Spinach:** fresh spinach is preferred; weights listed are trimmed usable weight.
- **Cheese:** fresh mozzarella in water is expensive and difficult to shred. Good alternatives include shredded mild gouda, low-moisture pizza cheese, or a 50/50 mix of mozzarella-style pizza cheese and gouda.
- **Oven behavior:** this oven runs hot; 170°C gives better texture than 180°C for casseroles.
- **Make-ahead:** assemble through Step 9, cover, and refrigerate up to 2 days. Bring to room temperature before baking.

## NUTRITION (per serving)

Kcal: 520 | Protein: 38 g | Fat: 22 g | Sat. Fat: 11 g | Carbs: 44 g | Sugars: 6 g |  
Fiber: 6 g | Sodium: 620 mg | Omega-3: 0.3 g

## NUTRITION (whole dish)

Kcal: 2,080 | Protein: 152 g | Fat: 88 g | Sat. Fat: 44 g | Carbs: 176 g | Sugars: 24 g |  
Fiber: 24 g | Sodium: 2,480 mg | Omega-3: 1.2 g