

Italian Sausage and Spinach Casserole

From – *lifestyle.msn.com*

¾ lb fresh Italian sausage links
20 oz fresh spinach-cooked and well drained
2 cups cooked Cannellini or Great Northern beans
1 small onion-finely chopped
¾ cup evaporated skim milk
½ cup grated Romano or Parmesan cheese
1 tsp finely shredded lemon peel
1 Tbsp lemon juice
¼ tsp ground nutmeg
1/8 tsp pepper
1/3 cup fine dry bread crumbs
2 cloves garlic-minced
4 tsp butter-melted

- In a large skillet, cook sausage over medium heat, about 8 minutes or until no pink remains, turning often.
- Drain on paper towels.
- Slice into bite-size pieces.
- In a large mixing bowl, combine cooked sausage, spinach, beans, onion, milk, ¼ cup of the cheese, lemon peel, lemon juice, nutmeg and pepper.
- Transfer mixture to a greased 2-quart baking dish.
- For topping, in a small mixing bowl combine bread crumbs, remaining ¼ cup of the cheese, garlic and melted butter.
- Sprinkle atop the casserole.
- Bake, uncovered, in a 375 degree oven for 35 minutes or until heated through.



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