

Spinach and Mushroom Oyster Casserole

Featuring Oysters

This simple oyster casserole is traditionally served in many Southern homes for special meals and holidays as a side dish for foods like turkey or chicken. It's made with a combination of flavorful ingredients, including spinach, mushrooms, oysters, and a sprinkling of a delicious crunchy topping.

Ingredients:

1 tablespoon olive oil
2 cups baby spinach leaves
4 ounces sliced mushrooms
1 clove garlic, minced
1/2 cup low-fat milk
2 teaspoons Worcestershire sauce
1 (16-ounce) tub fresh oysters, drained and chopped, reserve 1/3 cup liquid
1 1/2 cups low-sodium soda cracker crumbs (i.e., saltines)
2 tablespoons melted unsalted butter
Salt and pepper to taste (optional)

Instructions:

- 1 In a large skillet on medium heat, add olive oil and sauté the spinach, mushrooms, and garlic until tender (about 4 minutes).
- 2 Reduce heat to low and add milk, Worcestershire sauce, and reserved 1/3 cup oyster liquid. Let simmer for about 2 minutes, then season with salt and pepper to taste (optional). Remove from heat and set aside.
- 3 Preheat the oven to 375°F.
- 4 In an 8-inch casserole dish, arrange oysters in one layer and cover evenly with a layer of the spinach mixture.
- 5 In a medium bowl, combine the cracker crumbs and melted butter, and spread evenly on top of the spinach mixture.
- 6 Cover with foil and bake for 20 minutes. Remove foil and bake an additional 20-25 minutes, or until the top is golden and edges are bubbly.
- 7 Let it cool for 10 minutes before serving.

Makes 4 servings

Prep Time: 10 min.

Cooking Time: 40 min.

Total Time: 50 min.

Recipe Author

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is an Alabama-based dietitian focused on providing wholesome recipes and body-inclusive focused nutrition advice to help others rediscover the joy in eating while spreading a little self-love in the process.

Nutritional information (per serving):

286 calories, 18 g fat, 4 g saturated fat, 162 mg sodium, 17 g carbohydrate, 17 mg cholesterol, 2 g total sugar, 2 g fiber, 10 g protein



Watch the recipe video here:
bit.ly/3Dz2hvp