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Broccoli Rice Casserole

Ingredients:

- 2 cups cooked brown rice
- 2 Tablespoons butter
- 1 small onion, chopped
- 2 cups chopped broccoli, cooked and drained
- 2/3 cup low fat cheddar cheese, grated
- ½ cup 1% milk

Makes 4 servings - 30% calories from fat

Instructions:

1. Cook rice as per package directions, or use leftover rice, set aside.
2. In small skillet melt butter, add onion and sauté until tender. Place in a casserole dish; add broccoli, grated cheese, milk and rice.
3. Cover casserole and bake at 350° F degrees for 45 minutes.

Note:

- Substitute cheese of choice for different flavors.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 4

Amount Per Serving

Calories 240 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

 Saturated Fat 5g **25%**

 Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 180mg **8%**

Total Carbohydrate 31g **10%**

 Dietary Fiber 5g **20%**

 Sugars 4g

Protein 11g

Vitamin A 25% • **Vitamin C 60%**

Calcium 15% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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