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Carrot Bake

Ingredients:

- 3 cups grated carrots
- 2 cups cooked brown rice
- 1 cup low fat cheddar cheese, shredded
- ½ cup 1% milk
- 2 eggs, beaten
- 2 Tablespoons onion, minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- vegetable oil spray
- 2 Tablespoons parmesan cheese

Makes 6 servings - 23% calories from fat

Instructions:

1. Combine first five ingredients; stir in onion, salt and pepper.
2. Pour mixture into a 1½ quart casserole dish that has been prepared with vegetable oil spray.
3. Sprinkle parmesan cheese on top of casserole.
4. Bake in moderate oven 350° F for 50-60 minutes.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 380mg	16%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 9g	
Vitamin A 190%	Vitamin C 6%
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	

Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

