

Carrot Bake

Ingredients

3 cups grated carrots

2 cups cooked rice
(white, brown or wild)

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

Instructions

1. Prepare rice according to package instructions or use leftover rice.
2. In a large bowl, combine first five ingredients; stir in minced onion, salt and pepper.
3. Pour mixture into a 1½ quart casserole dish that has been prepared with vegetable oil spray.
4. Sprinkle parmesan cheese on top of casserole.
5. 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 4g6%

Saturated Fat 1.5g8%

Trans Fat 0g

Cholesterol 75mg25%

Sodium 380mg16%

Total Carbohydrate 22g7%

Dietary Fiber 3g12%

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:2,0002,500

Total FatLess than65g80g

Saturated FatLess than20g25g

CholesterolLess than300mg300mg

SodiumLess than2,400mg2,400mg

Total Carbohydrate300g375g

Dietary Fiber25g30g

Calories per gram:

Fat 9

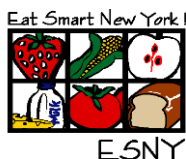
Carbohydrate 4

Protein 4

23% calories from fat

Source: The New Mother Hubbard's Cupboard Cookbook.

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