

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
1/2 cup 1% milk

Makes 4 servings

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.

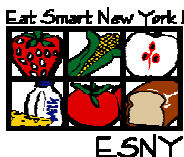
Nutrition Facts

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

30% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

October 2009



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

