



## 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

### 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	
<b>Amount Per Serving</b>	
<b>Calories 160</b>	<b>Calories from Fat 35</b>
<b>% Daily Value*</b>	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 4g	
<b>Protein 9g</b>	
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	

23% calories from fat

**Source:** The New Mother Hubbard's Cupboard Cookbook.

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