

Broccoli & Rice Casserole



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Makes 8 Servings

What You Need

This is a tasty & balanced meal all in one dish!

4 cups cooked rice
2 cups cooked broccoli
2 cups grated reduced-fat old cheddar cheese
1 cup skim milk
4 beaten eggs

2 tbsp minced onion
1 tbsp Worcestershire sauce
1/8 tsp thyme
1/2 tsp salt & pepper
1/2 cup bread crumbs

Per Serving

Calories 425
Carbohydrates 46 g
Protein 29g
Fat 14 g
Dietary Fiber 5 g

How You Prepare

Prepare rice as directed. Chop up broccoli and grate cheese. Spray a large casserole dish with non-stick spray. Combine all ingredients except bread crumbs and put in the casserole dish. Top with bread crumbs. Bake at 350 degrees F for 30 minutes.