

Broccoli Rice Casserole

Serves 7 – 2/3 cup servings

Ingredients

- 1 teaspoon oil
- 1 cup onions, chopped
- 2 cups broccoli flowerets
- 1 can low sodium cream of mushroom soup
- ½ cup skim milk
- 1 cup cooked brown rice
- 2 Tablespoons parmesan cheese

Directions

1. Sauté onions in oil until tender, but not browned.
2. Add broccoli, and cook over medium heat until hot
3. Mix soup and milk together, pour into broccoli mixture.
4. Add rice, cook and stir until hot and mixed.
5. Place in a 2 quart casserole dish sprayed with nonstick spray. Sprinkle with parmesan cheese. Bake uncovered at 350F for 30 minutes.

Nutrition Facts	
Servings: 7	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3.9g	5%
Saturated Fat 1.2g	6%
Cholesterol 5mg	2%
Sodium 62mg	3%
Total Carbohydrate 26.5g	10%
Dietary Fiber 2.3g	8%
Total Sugars 2.5g	
Protein 5g	

