

Cheesy Broccoli and Rice Squares

1 cup low-fat cheddar cheese (shredded)

1 cup broccoli (chopped)

3 cups brown rice (cooked)

½ cup fresh parsley (chopped)

¼ cup onion (chopped)

½ tsp. salt

3 eggs (beaten)

1 ½ cups evaporated milk

1 tsp. Worcestershire sauce

Nonstick cooking spray

Preparations

1. Heat oven to 350 F and coat a 9-by-9-inch baking pan with nonstick cooking spray.
2. In a bowl, combine the brown rice, cheese, onion, broccoli, parsley and salt.
3. In a separate bowl, combine the eggs, Worcestershire sauce and evaporated milk. Pour over rice mixture. Mix well.
4. Pour into the baking dish.
5. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

Makes: 8 servings

Nutritional Information (per serving)

Total Calories	183
Total Fat	4 g
Protein	12 g
Carbohydrates	24 g
Dietary Fiber	2 g
Saturated Fat	2 g
Sodium	328 mg
Total Sugars	6 g

Source: USDA