

Cheesy Broccoli and Rice Casserole



Ingredients:

- 3/4 cup low-fat milk
- 3/4 long-grain rice, uncooked
- 1 1/2 cup water
- 1 small onion, chopped
- 1 1/2 tablespoons margarine
- 1-10 ounce reduced fat cream of mushroom soup
- 1 package frozen chopped broccoli, thawed
- 1/2 cup shredded reduced-fat cheddar cheese

Directions:

1. Preheat oven to 350 F. Prepare a 9x9 pan with cooking spray.
2. In a saucepan, mix 1 cup water and the rice. Bring to a boil.
3. Reduce heat to low. Cover and cook for 15 minutes.
4. Set rice aside for 15 minutes.
5. In a medium skillet, melt margarine and cook onions until tender.
6. Add soup, milk, onions, and remaining water to the cooked rice.
7. Spread mixture into baking pan. Spoon broccoli over the top.
8. Top with cheese and bake for 25 minutes or until cheese is melted.

Makes 6 servings.



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