



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Broccoli Rice Casserole*

- 1/3 cup chopped onion
- 1 teaspoon canola oil
- 1 package frozen broccoli, chopped
- 2 cups cooked rice, brown or white
- salt and pepper to taste
- 2 cups cheese sauce

1. In skillet, brown onion in oil. Break up broccoli.
2. Mix onion, broccoli, and rice. Place in greased casserole dish. Salt and pepper to taste.
3. Make cheese sauce; pour over rice mixture and place in oven.
4. Bake at 350° F for 45 to 50 minutes. Makes 6 servings.

Cheese Sauce

Prepare medium white sauce as directed (refer to White Sauce recipe from this television episode). Add 1 cup shredded cheese and stir until melted. Store leftovers in refrigerator.

Nutrition Facts

Serving Size: 1 cup (381g)

Servings: 6

Amount Per Serving

Calories 250 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 6g **28%**

Trans Fat 0g

Cholesterol 30mg **9%**

Sodium 270mg **11%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **11%**

Sugars 6g

Protein 13g

Vitamin A 15% ■ Vitamin C 45%

Calcium 30% ■ Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.