

Rice Cheese Bake

Recipe Type: Main Dish

Serves: 6

Prep Time: 15 minutes

Cooking Time: 50 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1/2 C white rice, uncooked
- 2 eggs
- 2 T low fat margarine
- 1 C plain bread crumbs
- 1 C non-fat dry milk
- 1 C low-fat shredded cheddar cheese
- 1 small red onion, chopped
- Cooking spray



This is a picture of 1 serving.

What to do:

1. Preheat oven to 325°F.
2. Wash your hands.
3. Cook the rice according to the package.
4. Grease a 9x9 inch baking pan.
5. Mix the rice, eggs, margarine, bread crumbs, milk, cheese and onion in a large bowl.
6. Pour into the baking pan. Bake 40-50 minutes or until golden brown.
7. Cut into 6 pieces.
8. Serve warm and enjoy!

Nutrition Facts

Serving Size 1 piece

Amount Per Serving

Calories 270

Calories from Fat 80

%Daily Value*

Total Fat 9 g **14%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

Cholesterol 85 mg **28%**

Sodium 380 mg **16%**

Total Carbohydrate 29 g **7%**

Dietary Fiber 1 g **0%**

Sugars 14 g

Protein 19 g

Vitamin D 20%

Calcium 45%

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

FK= 4.6

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