

Brazilian creamy rice casserole

Makes 6 servings

INGREDIENTS

- 1 spray oil, pan cooking spray release
- 1-1/4 pint rice, long grain, brown, cooked, without salt
- 1/4 cup + 2 Tbsp. carrots, raw, grated/shredded
- 1/4 cup + 2 Tbsp. corn, sweet yellow, frozen kernels, thawed
- 3 Tbsp. + 1 tsp. spinach, fresh, chopped
- 3/4 cup beans, black turtle canned, low sodium
- 2 oz. pineapple juice, canned
- 2 oz. cheese, mozzarella, lite, shredded
- Pinch salt
- Pinch pepper, black
- 2.4 oz. cheese, cream, Neufchatel
- 3/4 cups yogurt, low-fat, plain
- 1 oz. cheese, parmesan, dry grated, reduced fat

NUTRITIONAL FACTS: PER SERVING

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|-----------------------|------------------------|
| Calories: 244 | Calcium: 188.19 mg |
| Total Fat: 6.39 g | Protein: 11.03 g |
| Saturated Fat: 3.84 g | Carbohydrates: 34.95 g |
| Cholesterol: 19.21 mg | Dietary Fiber: 4.72 g |
| Sodium: 332.77 mg | |

INSTRUCTIONS

1. Preheat oven to 400° F. Spray an 8x8 pan with pan release.
2. In a large bowl, combine cooked rice, carrots, corn, spinach, beans, pineapple juice, mozzarella cheese, salt and black pepper.
3. In a separate bowl, combine soft cream cheese and yogurt until fully incorporated.
4. Add cream cheese mixture with the rice mixture and combine.
5. Place rice mixture in the pan and top with parmesan cheese. Bake in the oven until parmesan cheese is golden brown.
6. Cut pan into 2x3 squares.
7. Serve warm or hold at 135° F. or warmer.

