

Broccoli, Cheese, and Rice Casserole

Ingredients

- 1 cup uncooked instant rice
- 1/2 cup chopped onion
- 1/4 cup fat-free milk
- 4 ounces light processed cheese, cubed (such as Velveeta Light)
- 2 tablespoons butter or stick margarine, softened
- 2 (10-ounce) packages frozen chopped broccoli, thawed and drained
- 1 (10 3/4-ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted



Preparation

Preheat oven to 350°.

Combine all ingredients in a large bowl, and spoon into a 2-quart casserole. Bake at 350° for 45 minutes.

Nutritional Information

Calories: 137 (29% from fat)
Fat: 4.4g (sat 1.7g, mono 1.4g, poly 0.9g)
Protein: 6.6g
Carbohydrate: 19.2g
Fiber: 2.2g
Cholesterol: 8mg
Iron: 1.1mg
Sodium: 410mg
Calcium: 160mg