

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

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

Yield: 8 servings (serving size: 1/2 cup) 3 Points, 4 points plus

Calories 150: Fat 6g: Carbs 17g: Fiber 2g: Protein 3.26g

