

# Cheesy Rice Squares

**Makes:** 8 Servings

Don't forget dairy! Cheese makes any dish tasty. This recipe uses skim milk cheese.

## Ingredients

**1 cup** blended American and skim milk cheese (cut into small pieces)

**3 cups** white rice (cooked)

**1/2 cup** fresh parsley (chopped, if you like)

**1/4 cup** onion (chopped)

**1/2 teaspoon** salt

**3** eggs (beaten)

**1 1/2 cups** evaporated milk

**1 teaspoon** Worcestershire sauce (if you like)

nonstick cooking spray

## Directions

1. Preheat oven to 350 degrees F and coat a 9x9-inch baking pan with nonstick cooking spray.
2. In a bowl, combine the rice, cheese, onion, and salt. If using parsley, add that too.
3. In a separate bowl, combine the eggs and milk. If using worcestershire sauce, add that too. Pour over rice. Mix well.
4. Pour into a 9x9-inch baking dish.
5. Bake until just firm, about 35 to 40 minutes. Cut into

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>190</b>
Total Fat	7 g
Saturated Fat	4 g
Cholesterol	100 mg
Sodium	230 mg
Total Carbohydrate	22 g
Dietary Fiber	N/A
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>11 g</b>
Vitamin D	N/A
Calcium	237 mg
Iron	2 mg
Potassium	N/A
N/A - data is not available	

squares to serve.

**Source:** Recipe adapted from Commodity Supplemental Food Program Cookbook