



# Cheesy Broccoli & Rice Squares

**Makes:** 8 Servings

This kid-friendly side dish, packed with whole grains and low-fat dairy, is perfect for busy weeknights. These squares reheat well as leftovers, an added bonus!

## Ingredients

**1 cup** low fat cheddar cheese (shredded)

**1 cup** broccoli (chopped)

**3 cups** brown rice (cooked)

**1/2 cup** fresh parsley (chopped)

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>175</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	66 mg
<b>Sodium</b>	<b>327 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	0 g
<b>Protein</b>	<b>11 g</b>
Vitamin D	1 mcg
Calcium	227 mg
Iron	1 mg
Potassium	291 mg

N/A - data is not available

## MyPlate Food Groups

 Vegetables	1/4 cup
 Grains	1/2 ounce
 Protein Foods	1/2 ounce
 Dairy	1/2 cup

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

**1/2 teaspoon** salt

**3** eggs (beaten)

**1 1/2 cups** evaporated milk

**1 teaspoon** Worcestershire sauce

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 brown rice, cheese, onion, broccoli, parsley, and salt.
3. In a separate bowl, combine the eggs, worcestershire sauce, and evaporated milk. Pour over rice mixture. Mix well.
4. Pour into the 9x9-inch baking dish.
5. Bake until just firm, about 35 to 40 minutes. Cut into squares to serve.

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