

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 squares to serve.

Recipe adapted from Commodity Supplemental Food Program Cookbook

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	190	
Total Fat	7 g	
Protein	11 g	
Carbohydrates	22 g	
Dietary Fiber	NA	
Saturated Fat	3.5 g	
Sodium	230 mg	