

Green Rice II

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Servings: 8

*4 cups cooked rice
1 can (13 ounce)
evaporated milk
2 eggs, beaten
1/2 cup cooking oil
1 cup bell pepper, chopped
1 onion, chopped
1 cup parsley, chopped
2 containers (6 ounce ea)
Old English cheese*

Preparation Time: 10 minutes

Bake Time: 1 hour

Cook the rice according to package directions.

In a bowl, mix together the rice, evaporated milk, eggs, cooking oil, bell pepper, onion, parsley and Old English cheese.

Pour the mixture into a two-quart casserole dish. Cover.

Bake in the oven at 350 degrees for 45 minutes to one hour.

Per Serving (excluding unknown items): 314 Calories; 18g Fat (50.5% calories from fat); 7g Protein; 32g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 58mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat.