

Green Rice

Nancy Minear

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1 cup raw rice, cooked
1 small jar Cheese Whiz
1 can mushroom soup
1/2 green pepper, chopped
fine
2 stalks celery, chopped
fine
1 package frozen chopped
spinach, cooked and
drained
1 can (8 ounce) mushroom
stems and pieces, drained
1 small onion, chopped fine*

Preheat the oven to 350 degrees.

Place the cheese product in the hot rice to dissolve.

Add the soup, green pepper, celery, spinach, mushrooms and onion.

Turn the mixture into a greased casserole.

Bake for 45 minutes.

Cover the casserole with foil for one-half the baking time.

Per Serving (excluding unknown items): 327 Calories; 11g Fat (27.3% calories from fat); 19g Protein; 47g Carbohydrate; 19g Dietary Fiber; 2mg Cholesterol; 1294mg Sodium. Exchanges: 1/2 Grain(Starch); 7 Vegetable; 1 1/2 Fat.