

Rice, Greens & Tomato Casserole

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Servings: 4

3 cups broccoli florets
1 package (8-1/2 ounce) parboiled brown rice
1 package (10 ounce) frozen chopped spinach, thawed and water squeezed out
3 tablespoons grated Parmesan cheese
3/4 teaspoon dried crushed rosemary
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup tomato juice
1/2 cup water
2 small tomatoes, thinly sliced
1 cup shredded cheese

Preheat the oven to 375 degrees.

Coat a ten-inch pie plate with cooking spray.

In a large bowl, combine the broccoli, rice, spinach, Parmesan, rosemary, salt and pepper. Spoon into the pie plate.

Pour the tomato juice over the top. Arrange the tomato slices on top. Sprinkle with cheese.

Bake for 25 minutes or until golden brown.

Let stand a few minutes before serving.

Per Serving (excluding unknown items): 84 Calories; 2g Fat (17.0% calories from fat); 7g Protein; 13g Carbohydrate; 6g Dietary Fiber; 3mg Cholesterol; 662mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 0 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	84	Vitamin B6 (mg):	.3mg
% Calories from Fat:	17.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	52.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	30.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	2g	Folacin (mcg):	197mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	3mg	% Daily Value:	0.0%

Carbohydrate (g):	13g
Dietary Fiber (g):	6g
Protein (g):	7g
Sodium (mg):	662mg
Potassium (mg):	822mg
Calcium (mg):	215mg
Iron (mg):	3mg
Zinc (mg):	1mg
Vitamin C (mg):	102mg
Vitamin A (i.u.):	11223IU
Vitamin A (r.e.):	1127RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	84	Calories from Fat: 14
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	4%
Cholesterol	3mg	1%
Sodium	662mg	28%
Total Carbohydrates	13g	4%
Dietary Fiber	6g	26%
Protein	7g	

Vitamin A	224%
Vitamin C	170%
Calcium	22%
Iron	19%

* Percent Daily Values are based on a 2000 calorie diet.