

Wild Rice Casserole Illinois

*Peggy Rotunno - Glen Ellyn - IL
Treasure Classics - National LP Gas Association - 1985*

Servings: 8

*1 cup wild rice
1 cup American cheese,
chopped
1 can (20 ounce) tomatoes
1 cup fresh mushrooms,
sliced
1/2 cup onion, chopped
4 ounces olive oil
1 cup ripe olives, pitted and
sliced*

Preparation Time: 20 minutes

1 hour

Prepare the rice on the night before by washing the rice. Then place the rice in a pan and pour boiling water over it. Let stand overnight. Drain off the water.

In a bowl, mix together the rice, cheese, tomatoes, mushrooms, onion, olive oil and olives. Place the mixture into a 2-1/2 quart casserole dish. Cover.

Bake in the oven at 350 degrees for one hour. (If the casserole appears to be not firm enough, uncover toward the end of baking time.)

Best when served with chicken.

Per Serving (excluding unknown items): 278 Calories; 21g Fat (65.2% calories from fat); 7g Protein; 18g Carbohydrate; 2g Dietary Fiber; 13mg Cholesterol; 353mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat.