

Tuna-Brown Rice casserole

Marjory Russell

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Servings: 4

3/4 cup uncooked brown rice
1 1/2 cups water
1/2 cup chopped celery
1/4 cup chopped pecans
1/4 cup chopped green olives
1 1/2 tablespoons chopped chives
1/2 teaspoon salt
3/4 teaspoon tarragon
1/4 cup shredded cheddar cheese
1 cup plain yogurt
1 can tuna

Preheat the oven to 350 degrees.

Cook the brown rice in water until tender, about 35 to 45 minutes.

In a bowl, combine the celery, pecans, olives, chives, salt, tarragon, cheddar, yogurt and tuna. Mix well. Mix in the rice. Turn the mixture into a greased casserole dish.

Bake for 40 minutes.

Per Serving (excluding unknown items): 181 Calories; 11g Fat (56.8% calories from fat); 15g Protein; 5g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 371mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.