

Broccoli Rice & Cheese Casserole

6 SERVINGS 30 MINS

Adapted from: budgetbytes.com

INGREDIENTS

- 2 cups cooked brown rice (or white rice)
- 4 cups fresh or frozen broccoli florets
- 1 can (10.5 oz) condensed cream of mushroom soup (reduced-fat or low-sodium)
- 1 cup low-fat Greek yogurt
- 1 cup shredded low fat cheddar cheese
- 1/2 cup grated Parmesan cheese
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 cup whole wheat breadcrumbs



This recipe combines the nutritional goodness of broccoli, whole grains from brown rice, and a flavorful, calcium-packed, reduced-fat cheese sauce.



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PROCEDURE

1. Preheat the oven to 350°F
2. Cook the brown rice according to package instructions.
3. If using fresh broccoli, steam or blanch the broccoli florets until they are slightly tender. If using frozen broccoli, thaw according to package instructions.
4. In a mixing bowl, combine the condensed cream of mushroom soup, low-fat Greek yogurt, shredded cheddar cheese, Parmesan cheese, chopped onion, minced garlic, salt, and pepper. Mix until well combined.
5. In a large mixing bowl, combine the cooked rice, steamed broccoli, and the cheese and mushroom soup mixture. Mix until well combined.
6. Transfer the mixture into a greased baking dish. Sprinkle whole wheat breadcrumbs evenly over the top of the casserole.
7. Bake in the preheated oven for about 20-25 minutes or until the casserole is hot and bubbly, and the breadcrumbs are golden brown.
8. Allow the casserole to cool for a few minutes before serving.

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