

VEGGIE RICE BAKE

Here's a recipe what will be sure to get your family eating their vegetables. A tomato, cucumber and red onion salad sprinkled with fresh parsley will team up perfectly with this warming meatless rice dish.

Yield
4 servings

Ingredients		
2 ¼ cups	vegetable broth or water	550 mL
1 ½ cups	jasmine (fragrant) rice	375 mL
1 Tbsp	butter	15 mL
1 cup	chopped onion	250 mL
3 cups	sliced white mushrooms	750 mL
2 cloves	garlic, minced	2
1 cup	chopped red pepper	250 mL
2 cups	chopped broccoli florets	500 mL
1 cup	shredded aged cheddar cheese	250 mL
¾ cup	light sour cream	175 mL
¾ cup	low-fat cottage cheese	175 mL
2 tsp	Dijon mustard	10 mL
¼ tsp	salt	1 mL
¼ tsp	coarsely ground pepper	1 mL

Directions	
Combine broth and rice in medium saucepan. Cover and bring to boil. Reduce heat to low. Cook for 15 minutes. Remove from heat and let stand covered for 5 minutes. Fluff rice with fork. Meanwhile, melt butter in large frying pan on medium heat. Cook onion for about 5 minutes until softened. Add mushrooms, garlic, red pepper and broccoli. Cook, stirring occasionally until mushrooms are just softened. Stir into rice. Stir in remaining ingredients until well combined. Spread mixture into 6 to 8 cup baking dish. Bake in 350°F (180°C) oven for 25 to 30 minutes until hot.	

Nutrient Content	
Per Serving: Energy: 552.9 Kcal · Carbohydrate: 74.3 g · Protein: 22.8 g · Fat (Total): 18.5 g · Calcium: 364.2 mg	