

BROCCOLI-RICE CASSEROLE

- 1/3 cup chopped onion
- 1 teaspoon butter or margarine
- 1 package frozen broccoli, chopped
- 2 cups cooked rice
- salt and pepper to taste
- 2 cups cheese sauce (see recipe below)

1. In a saucepan, brown onion in butter.
2. Break up broccoli. Mix onion, broccoli, and rice. Place in greased casserole dish. Salt and pepper to taste.
3. Make cheese sauce; pour over rice mixture.
4. Cover dish. Label with date and baking instructions and freeze.



To prepare for serving:

In refrigerator, thaw casserole. Place in oven and bake at 350° for 45 to 50 minutes. Makes 6 servings.

Enjoy with:

- Ice cold milk
- Cinnamon baked apples
- Warm rolls

MAGIC MIX (all-purpose mix for sauces)

- 4 cups nonfat dry milk powder
- 1 cup flour
- 1/2 cup margarine

1. Put into large bowl and mix until it looks like coarse cornmeal.
2. Refrigerate in tightly covered container.

White Sauce – Stir over medium heat until smooth and thick. Yield 1 cup.

For thin sauce: 1/3 cup Magic Mix and 1 cup water.

For medium sauce: 1/2 cup Magic Mix and 1 cup water.

For thick sauce: 2/3 cup Magic Mix and 1 cup water.

Cheese Sauce

Prepare medium White Sauce as directed. Add 1 cup shredded American cheese and stir until melted. Store leftovers in refrigerator.

Nutrition Facts

Serving Size 1 cup casserole(184g)
Servings per Recipe 6

Amount per Serving

Calories 230 Calories from Fat 90

%Daily Value*

Total Fat 10g 15%

Saturated Fat 4.5g 23%

Cholesterol 20mg 7%

Sodium 440mg 18%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Sugars 6g

Protein 10g

Vitamin A 20% • Vitamin C 40%

Calcium 25% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet