

Trinidad's Broccoli and Rice Casserole

From the kitchen of Trinidad Ortiz, San Antonio

Preparation time: 45 minutes

Number of servings: 4

Ingredients:

1 cup white rice

1 pound fresh broccoli OR 1 package (10 ounces) frozen broccoli flowerets

1 stalk celery, chopped

1 can (10 ¾ ounces) cream of chicken soup

Preparation:

1. Cook rice according to package directions.
2. Boil fresh broccoli until soft or thaw-frozen broccoli. Drain water.
3. Combine all ingredients and mix thoroughly. Pour into a casserole dish and bake at 350°F for 30 minutes.

Nutrition information per serving:

FAT: 17% of calories from fat (low)

FIBER: 4 grams (high)

CALORIES: 270



TIP

Eat more vegetables by adding them to dishes such as casseroles.

Broccoli is rich in vitamins A and C and fiber.