

- » 1/4 cup long-grain white rice, cooked according to directions without salt or fat
- » 3/4 cup chopped fresh broccoli
- » Nonstick vegetable cooking spray
- » 1 tsp olive oil
- » 1/4 cup chopped onion
- » 1 minced garlic clove
- » 2 tbsp chopped celery
- » 1/4 can (10 3/4 oz) condensed low-fat cream of celery soup
- » 2 tbsp sliced water chestnuts
- » 1 tbsp Parmesan cheese
- » 2 tbsp shredded cheddar cheese, divided
- » 1/4 cup low-fat milk
- » Dash of salt-free herb seasoning blend

Nutritional Content

Per Serving

Calories	403cal	Cholesterol	25mg
Protein	14g	Sodium	741mg
Carbohydrate	57g	Calories from Fat	32%
Fat	14g	Fiber	5g
Saturated Fat	6g		

Preheat oven to 350°F. Cook broccoli until barely tender, then drain. Set aside. In a skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add olive oil, onion, garlic, and celery. Sauté for 2 to 3 minutes and then remove from heat. Set aside. In a bowl, mix cooked broccoli with celery soup, sliced water chestnuts, Parmesan cheese, 1 tbsp shredded cheddar cheese, milk, salt-free herb seasoning blend, and sautéed onion mixture. Add cooked rice and mix well. Spray a small casserole dish with nonstick vegetable cooking spray and add broccoli-rice mixture. Top with remaining shredded cheddar cheese. Bake for 20 to 25 minutes. Serves 1.