

Rice Vegetable Casserole

Everyone will ask for more Rice Vegetable Casserole! It is a delicious blend of kale, brown rice and seasoned vegetables topped with melted cheese.

CACFP Home Childcare Crediting Information

One 2" x 3 3/4" piece provides 1/2 cup vegetable (1/8 cup dark green vegetable, 3/8 cup other vegetable), 1 oz equivalent meat alternate, and 1 oz equivalent grains.



Preparation Time: 30 minutes
Cooking Time: 60 minutes

Makes: 6 servings

Ingredients

- 2 cups Low-sodium chicken broth
- 1 cup or 7 oz Brown rice, uncooked, long-grain, regular, dry, parboil
- 1 Tbsp Margarine, trans fat-free
- 3/4 cup or 5 oz Fresh onions, diced
- 3 cups or 5 oz Fresh mushrooms, sliced
- 1 tsp Garlic, minced
- 1/4 tsp Salt
- 1/4 tsp Ground black pepper
- 1/4 tsp Onion powder
- 1 Tbsp and 1 tsp Whole-wheat flour
- 3/4 cup or 6 oz Low-fat (1%) milk
- 1 qt or 4 oz Fresh kale, finely chopped
- 1 cup or 4 oz Low-fat cheddar cheese, shredded
- 3/4 cup or 3 oz Low-fat mozzarella cheese, low-moisture, part-skim, shredded

Directions

- 1 Preheat oven:
Conventional oven: 350 °F.
Convection oven: 325 °F.
- 2 Pour broth in a medium saucepan and bring to a boil.
- 3 Place brown rice in a small baking dish (8" x 8" x 2").
- 4 Pour boiling broth over brown rice. Stir. Cover baking dish tightly.
- 5 Bake:
Conventional oven: 350 °F for 40 minutes.
Convection oven: 325 °F for 40 minutes.
- 6 **Critical Control Point:**
Heat to 140 °F or higher for at least 15 seconds.
- 7 Remove cooked rice from oven. Set aside for step 14.
- 8 **Mushroom sauce:**
In a medium non-stick saucepan, add margarine, onions, mushrooms, minced garlic, salt, pepper, and onion powder. Stir constantly over medium high heat until mushrooms are soft for about 3 minutes.
- 9 Sprinkle flour over mushroom mixture. Stir well. After one minute, turn down to medium low heat.
- 10 Add milk, stirring constantly until smooth. Sauce will become creamy and thick in texture. Remove and set aside for step 15.
- 11 Combine cheese together in a small bowl, set aside for step 17.

Directions continued

- 12 Lightly coat a baking dish (9" x 9") with pan release spray.
- 13 Assemble as follows:
- 14 First layer:
Place cooked rice in baking dish.
- 15 Second layer:
Pour mushroom sauce over rice.
- 16 Third layer:
Add kale.
- 17 Fourth layer:
Sprinkle 1 cup cheese evenly over rice mixture.
- 18 Cover pan tightly.
- 19 Bake:
Conventional oven: 350 °F for 15-20 minutes.
Convection oven: 325 °F for 5-10 minutes.
- 20 Cut each pan into 6 pieces (2" x 3 ¾").
- 21 Critical Control Point:
Hold at 140 °F or higher until served.
- 22 Serve one – 2" x 3 ¾" piece.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 251, Protein 16 g, Carbohydrates 37 g, Dietary Fiber 4 g, Total Sugars 3 g, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 8 mg, Sodium 401 mg, Vitamin A 196 mcg RAE, Vitamin C 10 mg, Vitamin D 27 IU, Calcium 266 mg, Iron 3 mg, Potassium 351 mg

