

Broccoli Rice Casserole

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*1 bag (10 ounce) frozen
broccoli florets
1 pouch (8.5 ounce) cooked
basmati rice
1 cup deli spinach-artichoke
dip
1 cup chicken broth (or
stock)
1/4 cup shredded
Parmesan cheese
aluminum foil*

Preheat the oven to 375 degrees.

In a bowl, combine the florets, rice, dip, broth and Parmesan. Transfer the mixture to a two-quart baking dish. Cover the dish with foil.

Bake for 25 to 30 minutes or until hot and bubbly.

Remove the foil and stir to fluff the rice.

Bake for 5 additional minutes.

Serve.

Per Serving (excluding unknown items): 301 Calories; 7g Fat (21.3% calories from fat); 12g Protein; 47g Carbohydrate; 4g Dietary Fiber; 14mg Cholesterol; 341mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Fat.