

Side Dish

Carrot-Rice Bake

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 8

4 cups water

1 tablespoon instant chicken bouillion granules

1 teaspoon salt

2 cups carrots, chopped

1 1/2 cups regular rice

2 tablespoons butter

1/2 teaspoon dried thyme, crushed

1/2 cup (2 oz) sharp American cheese, shredded

Preheat oven to 325 degrees.

In a saucepan, bring water, bouillion granules and salt to boiling. Stir in carrot, rice, butter and thyme; return to boiling. Turn mixture into a 2-quart casserole.

Bake, covered, for 25 minutes; stir. Sprinkle with cheese. Bake uncovered, about 5 minutes longer.

Garnish with parsley, if desired.

Per Serving (excluding unknown items): 39 Calories; 3g Fat (64.2% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 311mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fat.