

Side Dish

Sweet Onion Casserole

Cooking Light Magazine

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 5 minutes

1 tablespoon canola oil

4 cups (1 3/4 lb) sweet onion, chopped

1/2 cup long-grain rice, uncooked

5/8 cup 2% reduced-fat milk

1/2 cup (2 oz) Gruyere cheese , shredded

1/4 teaspoon salt

1/4 teaspoon fresh ground black pepper

1/8 teaspoon ground allspice

cooking spray

1/3 cup (1 1/3 oz) Parmesan cheese, grated

2 tablespoons fresh parsley (optional), chopped

Preheat oven to 325 degrees.

Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add onion; saute' 5 minutes or until tender. Place onion in a large bowl.

Cook rice in a large pot of boiling water 5 minutes. Drain.

Stir rice, milk, Gruyere cheese, salt, pepper and allspice into the onions. Spoon onion mixture into an 8-inch square baking dish coated with cooking spray. Sprinkle evenly with Parmesan cheese.

Cover and bake for 40 minutes.

Uncover and bake an additional 5 minutes.

Top with parsley, if desired.

Per Serving (excluding unknown items): 106 Calories; 3g Fat (21.7% calories from fat); 2g Protein; 19g Carbohydrate; 2g Dietary Fiber; trace Cholesterol; 97mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.