

Whole Grain Lunch/Dinner Recipe

Rice Cooker

Fiesta Casserole



Ingredient	Approx. Cost*
Brown rice (1 lb box), cooked	\$2.19
1 large container (24 oz tub) cottage cheese	\$2.99
1 jar salsa (16 oz)	\$2.29
2 cans black beans (15 oz each)	\$1.98
Shredded cheese (16 oz)	\$5.99
Fresh cilantro	\$0.89
Seasonings (cumin, pepper, chili powder, lemon/lime)	\$1.00**
Total	\$17.33

of servings: 16 1 cup servings. **Cost per serving: \$1.08**

*Based on Peapod's on-line pricing as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Cook as casserole. (Mix all ingredients except shredded cheese). Layer in casserole dish with ½ package of shredded cheese in the middle. Cover and bake at 375 degrees for 30 minutes. Add other ½ of shredded cheese on top. Bake uncovered for additional 10 minutes or until cheese is bubbly. Serve this casserole with a side of fresh salsa, chopped avocado or guacamole and a dollop of low-fat yogurt or sour cream.

Nutrition Information per 1 cup Serving:

Calories	372
Total Fat	15g
Saturated Fat	9g
% of daily total	45%
Carbohydrates	39g
Protein	22g
Fiber	6g

	% of daily total
Vit A	17%
Vit C:	1%
Calcium:	33%
Iron	12%
Good source of*	Vitamin A, Calcium, Iron, Magnesium, B Vitamins and Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

