



HIGH FIVE RECIPES

Broccoli and Cheddar Rice Casserole

Serves 6. Prep time: 25 minutes active; 55 minutes total.

The High Five (Four!)

1 cup basmati rice
1 ½ cups milk
8 ounces cheddar cheese,
shredded, divided
4 cups broccoli florets

Pantry and Kitchen Items

1 ½ cups water
1 teaspoon salt, divided
2 tablespoons flour

Preparation

Heat the oven to 375°F and lightly oil a 2-quart baking dish.

In a 1-quart pot, bring the water to a boil and add the basmati rice and half of the salt. Return to a boil, cover tightly, and reduce the heat to low. Cook for about 15 minutes, until all the water is absorbed. Take off the heat, fluff and let stand for 5 minutes, then scrape into the prepared baking dish in a pile to cool.

In a small saucepan, whisk the flour and milk and place over medium heat. Whisk until the milk starts to boil. As soon as the milk is boiling and slightly thickened, take off the heat and pour over the rice.

Sprinkle in all but half a cup of the cheese and add the broccoli, then stir to combine. Pat the mixture flat with the back of your spoon and top with the remaining cheese.

Bake, uncovered, for 25 to 30 minutes, until the top is golden brown and melty. Serve warm.

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Ingredient checklist

PRODUCE

Broccoli

BULK

Rice

Flour

REFRIGERATED/DAIRY

Milk

Cheddar

SPICES/SEASONINGS

Salt

Serving suggestion

Add crisp apple slices or crunchy carrot sticks to round out a kid-approved meal.

Nutritional information per serving

370 calories

42 g. carbohydrates

15 g. fat

4 g. fiber

45 mg. cholesterol

18 g. protein

710 mg. sodium

The nutritional values and information provided are approximations.

