

Wild Rice Hotdish

5 serving

Estimated cost per serving: \$1.50

- 1 (6 oz.) box long grain & wild rice mix (such as Uncle Ben's)
- 1 pound 90% lean ground beef
- 2 Tbsp. chopped onion
- $\frac{1}{2}$ cup skim or 1% milk
- 1 (10 $\frac{3}{4}$ oz.) can cream of mushroom soup
- 2 cups frozen green beans, thawed* and drained



1. Cook rice mix according to package directions.
 2. Meanwhile, in a non-stick frying pan over medium heat, brown ground beef and onion; drain off excess grease.
 3. Combine cooked rice, beef, milk, soup and green beans in a casserole dish. Cover and microwave on high for 5 - 6 minutes or until hot.
- * You can thaw green beans by heating in the microwave or running under cold water for 3 - 4 minutes.

Nutrition facts per serving: 370 kcals, 14g total fat, 5g saturated fat, 34g carbohydrates, 2g dietary fiber, 27g protein, 950mg sodium.

Good source of Vitamin C, Calcium and Iron

Pyramid servings: 1 meat, 1.5 grain, 1 vegetable

Nutrition Note: Some cuts of meat are high in **saturated** fat which may contribute to elevated blood cholesterol levels. To make lean meat choices, look for the words "loin" or "round" when buying beef or pork; avoid highly marbled cuts of meat and highly processed lunchmeats like bologna and salami. For dishes calling for ground beef, use 95% lean beef or substitute ground turkey breast or chopped chicken breast. Frozen soy "crumbles" are available if you want to go meatless. Prepare meats by grilling, roasting, and broiling instead of frying.

Recipe provided by Shannon Perry, MSU Dietetics Student, 3/06.

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at rebecca.gruenes@mnsu.edu.