

Recipe Category: Hot Main Dish

Colorful Hominy Casserole

Yield: 2 servings, about 1 1/4 cups each

2 tablespoons finely chopped onion

1 clove of garlic, finely chopped

1 tablespoon dried parsley leaves

2 teaspoons prepared yellow mustard

2/3 cup cooked brown rice

2/3 cup canned diced tomatoes with green chilies, not drained

1/2 cup cooked chopped turkey, chicken, pork or beef, without skin or bones and trimmed of fat

1/2 cup cooked black beans, cooked without salt, rinsed and drained

1/2 cup canned hominy, rinsed and drained (corn may be substituted, if desired)

1/4 cup shredded cheddar or colby cheese

- 1. Wash your hands and work area.
- 2. Heat a small skillet sprayed with non-stick cooking spray over medium heat. Add onions and garlic. Cook and stir until softened, about 3 minutes.
- 3. In a 1-quart microwave-safe casserole dish, stir together all ingredients except cheese.
- 4. Cover and cook in a microwave oven on 50 percent power for 5 minutes, stirring after 3 minutes.
- 5. When thoroughly hot, spoon casserole onto dinner plates. Sprinkle with shredded cheese.
- 6. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container.



Meal suggestion:

Serve with a leafy green salad, bananas, oatmeal cookies and low-fat milk.

This lean hot main dish is an excellent source of dietary fiber and iron, and a good source of calcium and vitamins A and C.

Nutrition Facts

Serving Size about 1 1/4 cups (295g) Servings Per Container 2

Amount Per Serving	J
Calories 290	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat	t 3.5g 18 %
Trans Fat 0g	
Cholesterol 45	mg 15 %
Sodium 580mg	24%
Total Carbohyo	drate 36g 12%
Dietary Fiber	7g 28 %
Sugars 1g	
Protein 21g	
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Vitamin A 10%	Vitamin C 10%
Calcium 15%	 Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower	

depending on your calorie ne 2.000 2.500 Calories: Total Fat Less than Saturated Fat Less than 25g Cholesterol 2.400mg 2,400mg Sodium Less than Total Carbohydr 300g 375g Dietary Fiber Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

2 1/2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," Feb. 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.