

Recipe Category: Hot Main Dish

Pork, Baked Beans and Apple Casserole

Yield: 2 servings, each 1 1/3 cups

1 medium apple

1/4 teaspoon ground cinnamon

2/3 cup baked beans

2/3 cup chopped cooked pork or beef, without bones and trimmed of fat

2/3 cup cooked brown rice, heated

- 1. Wash your hands and work area.
- 2. Wash and drain apple. Core and cut into cubes.
- 3. Spray a microwave-safe dish with non-stick cooking spray. Add all ingredients except rice. Stir until mixed well.
- 4. Cover and cook in a microwave oven on high power for 6 minutes or until thoroughly hot, stirring after 3 minutes.
- 5. Spoon meat mixture over hot rice.
- 6. Cover and refrigerate leftovers within two hours.



Meal suggestion:

Serve with broccoli or asparagus, whole grain dinner rolls and low-fat milk.

This lean hot main dish is an excellent source of dietary fiber and a good source of iron and vitamin A.

Nutrition Facts

Serving Size about 1 1/3 cups (288g) Servings Per Container 2

Calories 290	Calories	from Fat 30
		% Daily Value*
Total Fat 3.5g		5%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 35mg		12%
Sodium 350mg		15%
Total Carbohydrate 47g		16%
Dietary Fiber 9g		36%
Sugars 15g		
Protein 18g		

Vitamin A 10	• '	Vitamin (C 6%	
Calcium 4%		Iron 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g	
Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than ate	300mg 2,400mg 300g 25a	300mg 2,400mg 375g 30g	

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

3 carbohydrate choices per serving.

equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating