

Red Bean Casserole

Makes 4 servings

This simple casserole is high in fiber, which helps your body eliminate excess hormones, toxins, and carcinogens. Just 1 serving of this casserole has 8 grams of fiber, so you're well on your way to your 40-gram daily goal.

3 cups cooked long-grain rice
2 15-ounce cans red beans or other favorite beans, drained and rinsed, or 3 cups cooked beans
1 cup chopped red onion
1 garlic clove, minced
1 cup chopped celery
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/2 teaspoon black pepper
dash hot sauce
vegetable oil spray

Preheat oven to 350°F.

Combine rice, beans, onion, garlic, celery, parsley, salt, black pepper, and hot sauce in a casserole dish coated with vegetable oil spray. Bake uncovered for 20 minutes or until thoroughly heated.

Per serving (1/4 of recipe): 344 calories, 1.2 g fat, 0.3 g saturated fat, 3.2% calories from fat, 0 mg cholesterol, 15.2 g protein, 68.5 g total carbohydrates, 2.9 g sugar, 8 g fiber, 967 mg sodium, 71 mg calcium, 5.5 mg iron, 6.9 mg vitamin C, 204 mcg beta-carotene, 0.6 mg vitamin E

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