

Featured Recipe at

The Nest

in Louisville Hall



Combine soup, rice, vegetables, peppers, and 6 tbsp of cheddar cheese

Salt/ pepper to taste (optional), and sprinkle top with remaining cheese

Cover and cook in microwave on high for about 5 minutes

Uncover and cool for 1 minute before serving

1 (19 oz) can of ready-to-serve lentil soup

1 cup of cooked brown rice

1 can of unsalted mixed vegetables, drained

1 large can of diced roasted red pepper

½ cup of shredded cheddar cheese

The Nest convenience store

located in Louisville Hall.

basicpantry

UofL Campus Health Services

UofL Dining Services
by compass



Brown Rice Casserole

Nutrition Facts

Serving Size 1/4 casserole

Serving per Recipe 4

Amount per Serving

Calories 318

Calories from Fat 112.4

% Daily Value

Total Fat 12.49g

19%

Saturated Fat 6.42g

32%

Cholesterol 25.51mg

8%

Sodium 852.16mg

35%

Total Carbohydrate 31.93g

10%

Dietary Fiber 8.38g

33%

Sugars 6.5g

Protein 13.62g

27%

Est. Percent Calories From:

Fat

34%

Carbs

40%

Protein

17%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.

Tip! For the brown rice, try the Uncle Ben's 90 second microwavable rice!!! Its super quick and tasty!

louisville.edu/healthpromotion

