

## Stephenson's Green Rice Recipe Makes 10 servings

3 cups cooked rice  
¾ cup fresh chopped parsley  
¾ cup grated cheddar cheese  
1/3 cup chopped onion  
¼ cup chopped green pepper  
1 clove garlic, minced  
14.5 oz can evaporated milk  
2 eggs, beaten  
½ cup vegetable oil  
1 Tbsp salt  
1/each seasoned salt and pepper  
¼ tsp Accent  
Juice and grated zest of 1 lemon  
Paprika to sprinkle on top



### Instructions

Preheat oven to 350 degrees. Coat a 9-by-13-inch baking dish with nonstick cooking spray.

In a large mixing bowl, combine cooked rice, parsley, nondairy cheese, onion, bell pepper and garlic. In a separate bowl, whisk together the egg substitute and 3 tablespoons water. Then whisk in coconut milk, oil, salt, seasoned salt, black pepper, Accent (if using), lemon juice and zest. Add to the rice mixture and toss until well mixed.

Transfer to the baking dish, sprinkle top with paprika, and bake for 45 minutes, or until it's bubbly and as firm as a soft custard.

### Nutrition

Calories -166	Total Fat 9.2 g	Sat. Fat 1.2 g	Cholest. 0.0 mg
Sodium 531 mg	Total Carb. 18.8 g	Protein 2.0 g	Fiber 1.0 g