

# VYP

Vary Your Protein Recipe Series

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.



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Research and Extension

*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	
<b>Calories</b> 290	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 580mg	<b>24%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 1g	

**Protein** 21g

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 needs:

	Calories: 2,000		2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

*2 1/2 carbohydrate choices per serving.*