

Carrot-Cheddar Casserole

Serves 6

- 2 (15-ounce) cans carrots, drained, rinsed and mashed
- 3 beaten eggs
- 2 cups milk
- 1 ⅓ cup low-fat cheddar cheese, shredded
- 1 ⅓ cups crushed crackers or bread crumbs (reserve ¼ cup for topping)
- 2 tablespoons softened butter
- Pepper, to taste
- 1 tablespoon parsley (optional)



1. Preheat oven to 350° F.



2. In a mixing bowl, combine carrots, eggs, milk, cheese, crackers, butter, pepper and parsley. Mix well.

3. Place mixture in a greased 9"x13" baking dish. Add reserved crackers on top.

4. Bake for 30 minutes or until knife inserted in center comes out clean.



Nutrition information: calories 159, total fat 7g, saturated fat 3g, sodium 234mg, carbohydrates 16g, dietary fiber 3g, protein 10g



Healthy Tip

For a one dish meal, add cooked chicken or turkey to the mixture before baking.



Don't throw away broken crackers. Completely crush them and seal in a sealable plastic bag and use as a topping for casseroles.