

Red Beans and Rice Bake

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: can opener, saucepot, baking dish, measuring cups

Makes: 8-10 servings

Ingredients:

- 3 cups of brown rice
- 1 medium onion
- 2-3 cloves of garlic
- 1 can red beans, rinsed and drained
- 1 can of okra (can use frozen as well)
- 1 can of collard greens (can be fresh or frozen)
- ½ cup of frozen corn or canned corn
- 1 cup of cheese (we are using a cheddar blend but a pepper jack would be delicious too.)
- 3 tsp Cajun seasoning

Directions:

1. Cook off brown rice according to the packaging and preheat oven to 425 degrees.
2. Open and rinse beans, okra, and corn. Leave the greens in their juice as they contain lots of flavor.
3. Once everything is prepared, combine everything in a bowl, add Cajun seasoning and half of the cheese; mix until all ingredients are well combined.
4. Spray your baking dish (9x13) with pan spray and pour the mixture into the dish. Top with Cheddar cheese or whatever cheese you prefer and place in the oven.
5. Bake for 15-20 minutes or until the cheese has begun to brown and melt into the dish. Enjoy topped with some sour cream or solo.

Nutrition Information (per 1/8th recipe):

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

