

WILD RICE-MUSHROOM CASSEROLE

SOURCE: Weight Watchers New Complete Cookbook

INGREDIENTS:

2-3 Portobello mushrooms (or 6 large white mushrooms), stemmed
1 TBS olive oil
3 Shallots, minced
2 1/4 C reduced-sodium chicken or beef broth
1 C wild rice
1/2 tsp dried thyme or rosemary leaves, crumbled
1/2 tsp freshly ground pepper
1 Bay leaf

DIRECTIONS:

Preheat broiler. Line baking sheet with foil - place mushrooms, stemmed-side down on baking sheet - broil till lightly browned (about 4 minutes) - let cool slightly, then dice - transfer to plate.

Reduce oven temperature to 350° F - in medium saucepan heat oil. Sauté shallots till softened (about 4 minutes) - stir in broth, mushrooms + any juices, rice, thyme, pepper & bay leaf. Transfer to 1-quart casserole - cover & bake till liquid is absorbed & rice is tender but still slightly chewy (about 1 hour). Discard bay leaf & serve.

Makes 6 servings

(per serving: 145 calories; 3g total fat; 0g saturated fat; 0mg cholesterol; 261mg sodium, 25g total carbohydrates; 2g dietary fiber; 6g protein, 16mg calcium - WW points per serving: 3)