

# Golden Carrot Bake

## Ingredients - Part 1

3 cups shredded carrots  
1½ cups water  
⅔ cup uncooked brown rice  
½ teaspoon salt  
¼ teaspoon pepper



## Directions - Part 1

Combine in a saucepan and bring to a boil. Reduce heat, cover, and simmer for 25 minutes. Do not drain.

## Ingredients - Part 2

1½ cups Monterey Jack cheese (shredded)  
1 cup milk  
2 eggs (beaten)  
¼ cup onion (chopped)  
Pinch of ground nutmeg

## Directions - Part 2

Stir in and transfer into a 1½-quart casserole dish. Bake uncovered at 350°F for 1 hour.  
Sprinkle on ½ cup Monterey Jack cheese. Return to oven long enough to melt cheese, about 2 minutes.



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## All About Carrots

Lightly steaming carrots brings out bio-availability of beta carotene. Steam for five minutes.

Long, mature carrots have more nutrition than baby carrots.

Shred carrots and add them to salads, soups, and even tomato-based sauces.

For a natural treat, roast in the oven with a drizzle of honey.