



Tuna Tomato Melt Casserole

Serves: 6

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients:

3 cups UNCLE BEN'S® Whole Grain White Rice Sweet Tomato, cooked

15-ounce can of white beans (cannellini, white kidney, or butter beans)

3 to 4 Tbsp. water

1/2 cup Evaporated Skim Milk

1/4 tsp. salt

1/2 tsp. onion powder

1 tsp. Worcestersauce

2 (6 ounce) cans of tuna, drained

1 cup chopped tomatoes

1 1/2 cups low-fat shredded cheddar cheese, divided

Instructions:

1. Prepare the UNCLE BEN'S® Whole Grain White Rice Sweet Tomato as instructed on the box.
2. Preheat oven to 375 degrees and spray a 2-quart (11" by 7") glass or ceramic casserole dish with oil.
3. For simple homemade Sneaky Chef White Bean Puree, rinse a can of white beans, add water, and puree in food processor until smooth.
4. In the casserole dish, whisk 1/2 cup White Bean Puree, evaporated milk, salt, onion powder, and Worcestersauce. Add the cooked rice, tuna, tomatoes and one-half cup of the cheese and mix well. Sprinkle remaining 1 cup cheese evenly over the top of the casserole.
5. Cover with tin foil (spray one side with oil so it doesn't stick to the cheese) and bake for 15 minutes. Uncover and continue cooking for another 10 minutes until lightly browned and bubbly. Serve hot.

Recipe created by Missy Chase Lapine, author of *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals*. www.TheSneakyChef.com