

Southwest Salsa Rice Bites

From the Whole Grains Council:

<http://wholegrainscouncil.org/recipes/soups-starters/southwest-salsa-rice-bites>

Ingredients

- 3 cups cooked brown rice, cooled
- 1 cup shredded pepper jack cheese
- 4 eggs
- 1 16-oz jar medium (or hot) thick and chunky-style salsa
- ½ cup sour cream (or sub plain, nonfat Greek yogurt; *Nutrition info uses sour cream*)
- ½ tsp. salt
- ½ tsp. pepper
- ¾ cup crushed corn or tortilla chips
- Vegetable cooking spray
- Optional: additional salsa for garnish

Instructions

1. Preheat oven to 350 degrees.
2. Combine rice and cheese in large bowl; set aside.
3. In medium bowl, beat eggs until well blended. Stir in salsa, sour cream or Greek yogurt, salt, and pepper. Add mixture to rice and cheese; mix well.
4. Spray mini muffin pans with vegetable cooking spray. Spoon approx. 1 ½ Tbs. rice mixture into each cup, filling to just below the rim. Sprinkle crushed chips over filling, pressing slightly with back of a spoon.
5. Bake 15-20 minutes, or until lightly browned. Serve warm, with additional salsa, if desired.

Makes 8 servings (6 bites per serving)

Nutrition information per serving:

Calories	287
Protein	10 g
Carbohydrate	31 g
Dietary Fiber	2 g
Total Fat	14 g
Sodium	784 mg

