

## CHEDDAR RICE CASSEROLE WITH TOMATO CHUTNEY

2 cups water  
1 cup uncooked basmati rice  
1 1/2 teaspoons butter  
1/2 cup chopped green onions  
3 garlic cloves, minced  
2 1/4 cups 1% low-fat milk  
3/4 cup (3 ounces) shredded extrasharp cheddar cheese  
1 tablespoon all-purpose flour  
3/4 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 large eggs, lightly beaten  
2/3 cup GOOD EATS tomato chutney  
Cooking spray  
1/2 cup (2 ounces) grated fresh Parmesan cheese

Bring water and rice to a boil in a medium saucepan; cover. Reduce heat, and simmer 20 minutes or until liquid is absorbed. Cool slightly. Melt butter in a nonstick skillet over medium-high heat. Add onions and garlic; sauté 2 minutes. Combine rice, onion mixture, milk, and the next 5 ingredients (through eggs), stirring well. Spread chutney in the bottom of an 11 x 7-inch baking dish coated with cooking spray. Carefully spoon rice mixture over chutney. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.

Preheat oven to 350°. Remove casserole from refrigerator; uncover and let stand at room temperature 15 minutes. Sprinkle with Parmesan. Cover and bake at 350° for 30 minutes. Uncover and bake an additional 30 minutes or until set. Let stand 5 minutes before serving.