

## **CALORIE CONTROL RECIPES**

### **MAINS**

#### **Basmati Cheese and corn Pie – serves 4**

½ cup Basmati rice  
1 cup chopped parsley  
1 cup grated low fat cheddar cheese  
1 large onion, finely chopped  
½ cup creamed corn  
½ cup corn kernels  
1 large zucchini, grated  
35 g mushrooms, finely chopped  
3 eggs  
2 cups low fat milk  
¼ tsp ground nutmeg  
1 tsp ground cumin  
1 egg white, lightly beaten

Cook rice until tender; drain. Combine rice, parsley, half the cheese, onion, creamed corn, corn kernels, zucchini and mushrooms in a bowl and spoon into a greased 25 cm pie dish. Whisk eggs, milk, nutmeg and cumin in a bowl. Fold in the lightly beaten egg white and pour evenly over the rice mixture. Sprinkle the remaining cheese on top. Bake in a moderate oven (180 C) for about 1 hour or until set in the centre.