



# Carrot Casserole

*Porkkanalaatikko* (pronounced POURK-kaw-naw-LAW-tee-ko) is a traditional Finnish casserole made with carrots and rice baked in a custard of egg and milk.

Makes 4 to 8 Servings

## Ingredients

- 2 large eggs
- 1 tbsp brown sugar (or honey)
- 1 tsp salt
- 2 cups milk (or 1 ½ cups milk and ½ cup cottage cheese)
- 1 pound carrots, peeled, trimmed, and grated
- 1 cup cooked rice (white or brown)

### Ingredients for topping (optional)

- 1 slice whole grain bread, made into crumbs
- 1 tbsp olive oil

## Steps

1. Preheat oven to 375° F, and grease a shallow baking dish with cooking spray.
2. Whisk eggs, then whisk in brown sugar and salt. Add milk a few tablespoons at a time. Stir in carrots and rice.
3. Transfer mixture to the prepared baking dish.
4. Mix the topping ingredients (if using) and sprinkle on top of the casserole. Do not cover the casserole with foil or a lid. You want the topping to brown and create a crust.
5. Bake for 40 minutes. If your baking dish is deep, you may need to bake for another 30 to 40 minutes.

### Nutrition Information [Per ½ cup – excluding optional topping]

103 Calories | 14g Carbohydrates | 3g Fat | 2g Saturated Fat | 1g Fibre | 4g Protein | 79mg Sodium | 7g Sugar

Source: [www.aveggieventure.com](http://www.aveggieventure.com)