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## Cheesy Sausage and Rice

 6 servings  30 minutes  Maddie Workman

### Ingredients

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1 cup rice, dry  
2TBSP olive oil  
2 bell peppers, diced  
1 yellow onion, diced  
4 chicken sausage links, sliced  
4TSP chipotle garlic seasoning  
2 cups plain nonfat yogurt  
2 cups shredded cheddar cheese

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*Calories: 420 kcal*  
*Carbohydrates: 30g*  
*Protein: 30g*  
*Fat: 19g*

### Instructions

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1. Preheat oven to 400 degrees.
2. Bring 1 cup of rice and 2 cups of water to a boil in a small pot.
3. Turn heat to low and cover until all water is absorbed.
4. In a large oven-safe skillet, sauté bell pepper and onion in olive oil with seasoning until tender.
5. Add cooked rice and yogurt.
6. Mix until well combined and top with shredded cheese.
7. Bake for 15-20 minutes until cheese becomes melty and golden.

 @mealprepwithmaddie