



Anna Jones, MS, RDN, LD

Squash-Rice Casserole

This recipe is from the November 2000 issue of *Cooking Light* magazine. It is a delicious side for your Thanksgiving meal or any other time. If you like a little zing, add a little hot sauce or some hot peppers to the vegetables while cooking. ENJOY!!

Ingredients:

8 cups sliced zucchini (about 2 1/2 pounds)
1 cup chopped onion
1/2 cup fat-free, less-sodium chicken broth
2 cups cooked brown rice
1 cup fat-free sour cream
1 cup (4 ounces) shredded reduced-fat sharp cheddar cheese
1/4 cup (1 ounce) grated fresh Parmesan cheese, divided
1/4 cup Italian-seasoned breadcrumbs
1 teaspoon salt
1/4 teaspoon black pepper
2 large eggs, lightly beaten
Cooking spray

- Preheat oven to 350°.
- Combine first 3 ingredients in a Dutch oven; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until tender. Drain; partially mash with a potato masher. Combine zucchini mixture, rice, sour cream, cheddar cheese, 2 tablespoons Parmesan cheese, breadcrumbs, salt, pepper, and eggs in a bowl; stir gently. Spoon zucchini mixture into a 13 x 9-inch baking dish coated with cooking spray; sprinkle with 2 tablespoons Parmesan cheese. Bake at 350° for 30 minutes or until bubbly.
- Preheat broiler.
- Broil 1 minute or until lightly browned.

Servings: 8 servings (serving size: 1 cup)

Nutritional Information:

Calories: 197 (25% from fat) Fat: 5.5g (sat 2.7g, mono 1.5g, poly 0.4g)
Protein: 12.7g Carbohydrate: 24g Fiber: 2.4g
Cholesterol: 65mg Iron: 1.5mg Sodium: 623mg
Calcium: 209mg