

## Zucchini Herb Casserole



**PREP TIME 15 Min**  
**COOK TIME 40 Min**  
**READY IN 55 Min**  
**SERVINGS - 6**

### **INGREDIENTS**

- \* 1/3 cup uncooked long grain white rice
- \* 2/3 cup water
- \* 2 tablespoons vegetable oil
- \* 1 1/2 pounds zucchini, cubed
- \* 1 cup sliced green onions
- \* 1 clove garlic, minced
- \* 1 1/4 teaspoons garlic salt
- \* 1/2 teaspoon basil
- \* 1/2 teaspoon sweet paprika
- \* 1/2 teaspoon dried oregano
- \* 1 1/2 cups seeded, chopped tomatoes
- \* 2 cups shredded sharp Cheddar cheese, divided

### **DIRECTIONS**

- 1.** Combine the rice and water in a saucepan, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes, until rice is tender.
- 2.** Preheat oven to 350 F (175 degrees C). Lightly grease a shallow 1 1/2 quart casserole dish.
- 3.** Heat the oil in a skillet over medium heat, and cook the zucchini, green onions, and garlic 5 minutes, or until tender. Season with garlic salt, basil, paprika, and oregano. Mix in the cooked rice, tomatoes, and 1 cup cheese. Continue to cook and stir until heated through. Transfer to the prepared casserole dish. Top with remaining cheese.
- 4.** Bake uncovered 20 minutes, or until cheese is melted and bubbly.

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