

Zucchini Casserole

Indulge in our hearty Zucchini Casserole, a savory blend of rice, ground beef, cottage cheese, and cheese, perfectly balanced with nutritious zucchini. This wholesome dish combines all essential food groups in one flavorful bake, ideal for a quick oven-ready meal or as delicious leftovers for lunch or dinner. Whether you're planning ahead or bringing it to a party, it's a versatile choice that pairs wonderfully with a side of fresh fruit for a complete, satisfying meal.

Prep time: 15 minutes. Cook time: 45 minutes. Total time: 1 hour

Ingredients:

- Nonstick cooking spray
- 2 cups cooked rice
- 2 zucchinis - sliced in rounds
- 1/2-pound cooked ground beef
- 1 pint of cottage cheese
- Grated cheddar cheese (enough to top the dish)
- Seasonings of your choice

Directions:

1. Preheat oven to 350 degrees.
2. Spray baking dish with nonstick cooking spray.
3. Cook ground beef, drain and set aside.
4. Cook rice (1 cup uncooked rice + 1.5 cups of water = 2 cups cooked)
5. Layer cooked rice (cold or hot) into the baking dish.
6. Add ground beef (cold or hot) on top of the cooked rice.
7. Add spices such as salt, pepper, garlic powder, onion powder, hamburger seasoning, salt-free seasoning. Your choice.
8. Layer cottage cheese over the ground beef.
9. Layer sliced zucchini over the cottage cheese.

Bake for 45 minutes or until the zucchini is soft. Turn off oven. Spread the cheddar cheese on top and place it back in the hot oven until melted.

Note: The rice and ground beef can be cooked ahead of time making for quick prep when you are ready to enjoy this casserole on a busy weeknight or bring to a gathering.

