

ZUCCHINI AND RICE CASSEROLE

Submitted by T & D Farms

Ingredients:

3 c. cooked rice (brown or white, your preference)

3 lb. zucchini, medium sized, trimmed but not peeled

3 T. butter

1 medium onion, finely chopped

12 cherry tomatoes, finely chopped and drained in sieve to remove excess moisture (can substitute 1 cup drained and diced canned tomatoes)

1 1/2 c. (6 oz.) crumbled Feta cheese

3/4 c. ricotta cheese

3 T. fresh basil

1 egg, slightly beaten

Salt and freshly ground pepper

Instructions:

Preheat oven to 350 degrees.

Heat large pot of water to boiling.

Grate 2 lbs. of zucchini on large holes of box grater into large bowl.

Add 1-1/2 T. of salt, toss well and set aside to "weep" for 30 minutes.

After weeping, wring mixture in clean towel to further remove moisture.

While 2 lbs. of zucchini is weeping, slice remaining zucchini into 1/4" slices.

Working in batches, blanch the slices in a large pot of boiling water for

1 minute per batch. Drain and spread on towel to dry.

Heat butter in large skillet over medium heat. Add onion and cook until tender (5 minutes). Add grated zucchini and cook, stirring often, until just beginning to brown (7 minutes). Let mixture cool.

Add tomatoes, 3 oz. Feta, ricotta, basil, and salt and pepper into zucchini/onion mixture. Stir in egg. Add cooked rice. Put mixture into a deep 9" x 12" baking dish. Top with sliced zucchini and remaining Feta. Bake until hot and bubbling (15-30 minutes).

Cook's Notes: "I have made this recipe without cooking the grated zucchini first — just sauté the onions, then add raw grated zucchini to mixture before cooking in oven. Seemed to cook enough in the oven and saved time. Also, amount of cheese and tomatoes can and should be adjusted to your taste. Key is to get moisture out of zucchini and tomatoes before combining with other ingredients."