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Zucchini Squash-Rice Casserole

- 8 Cups sliced zucchini (about 2 1/2 pounds)
- 1 Cup chopped onion
- 1/2 Cup reduced-sodium fat-free chicken broth
- 2 Cups cooked rice
- 1 Cup fat free sour cream
- 1 Cup shredded reduced-fat sharp cheddar cheese
- 1/4 Cup grated fresh parmesan cheese, divided
- 1/4 Cup Italian seasoned breadcrumbs
- 1 Tsp salt
- 1/4 Tsp black pepper
- 2 Large eggs, lightly beaten
- Cooking spray

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

Makes 8 Servings

