

Zucchini Hot Dish

Serves 8

Ingredients:

- 1 pound lamb or pork sausage
- 1 medium onion diced
- 1 red or yellow bell pepper
- 1 medium-large zucchini, seeded and cut into 1/2 inch cubes
- 1 teaspoon Italian seasoning
- 3/4 cup brown rice, uncooked
- 1-14.5 ounce can diced tomatoes



Directions:

1. Brown sausage with onion and pepper. Drain fat.
2. In ungreased one quart casserole dish, layer half meat mixture , then zucchini, seasoning and uncooked rice, and then rest of meat.
3. Top with tomatoes.
4. Bake at 350 degree oven until zucchini is tender (fork test) about 30 minutes.

Recipe adapted from Darlene Steinmet, 2012 Farmers Market Cookbook

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program–SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



Extension
UNIVERSITY OF WISCONSIN-MADISON