



## ZUCCHINI-TOMATO CASSEROLE

Preheat oven to 350 degrees

### INGREDIENTS:

- 1 cup of brown rice
- 2 ¼ cups of water for rice
- Season rice with Salt, pepper and/or garlic
- ½ lb. of grated cheese – cheddar or jack
- 3 to 4 zucchini sliced in ¼” rounds
- 3 to 4 tomatoes – sliced

### Sauce:

- 2 cups plain yogurt
- 1 teaspoon salt
- 1 teaspoon garlic powder or 1 tablespoon of minced garlic
- 1 teaspoon of dill or oregano
- ½ cup of chopped green onions

Fresh parsley for garnish

### DIRECTIONS:

- Prepare rice
- In a 9 x 13 pan - layer cooked rice, grated cheese, zucchini and tomatoes
- Mix sauce ingredients together and place on top the layered ingredients
- Bake for 45 minutes
- Garnish with fresh parsley

Submitted by Judy Loser

