

Zucchini-Brown Rice Squares (“366 Delicious Ways to Cook Rice, Beans, and Grains”
Andrea Chesman)

Yield: 9 squares

Leftover brown rice and zucchini from the garden find a wonderful marriage in this baked dish. Serve the squares as an appetizer or as a side dish. This recipe can be doubled and baked in a 9x13-inch baking dish.

3 cups grated zucchini (about $\frac{3}{4}$ lb)
1 tsp salt
1 Tbsp extra-virgin olive oil
1 shallot, minced
2 garlic cloves, minced
1 $\frac{1}{2}$ cups cooked brown rice
 $\frac{1}{2}$ red bell pepper, diced
2 large eggs, slightly beaten
 $\frac{1}{2}$ cup skim milk
1 tsp dried oregano
freshly ground black pepper
1 Tbsp dried bread crumbs
1 Tbsp freshly grated Parmesan cheese

Toss the zucchini with the salt. Place in a colander and weight down (I use a plate on which I place a heavy juice can). Set aside to drain for about 20 minutes.

Preheat the oven to 350 degrees. Spray an 8-inch baking dish with nonstick spray.

In a large skillet, heat the olive oil over medium heat. Add the shallot, garlic, and drained zucchini. Saute for about 5 minutes, until the zucchini is limp.

Meanwhile, combine the rice, bell pepper, eggs and milk in a mixing bowl. Remove the zucchini from the skillet with a slotted spoon and add to the mixing bowl. Stir in the oregano and pepper to taste. Spoon into the baking dish. Sprinkle the bread crumbs, then the Parmesan cheese on top. Bake until golden and firm, about 35 minutes. Let stand for 10 minutes before serving.