

Eat Smart!

Pepperoni and Zucchini Casserole

- 1 cup instant whole grain rice
- $\frac{2}{3}$ cup water
- 2 Tablespoons vegetable oil
- 1½ pounds zucchini, cubed
- 1 cup sliced green onions
- 1 Tablespoon garlic, minced
- 1 teaspoons garlic salt
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{2}$ teaspoon dried oregano
- 1 (14.5 oz.) can diced tomatoes
- 1 (5 oz.) package turkey pepperoni (chopped)
- 2 cups shredded sharp Cheddar cheese, divided

1. Combine the rice and water in a saucepan, and bring to a boil.
2. Reduce heat to low, cover, and simmer 20 minutes, until rice is tender.
3. Preheat oven to 350 degrees F (175 degrees C).
4. Lightly grease a shallow 1 1/2-quart casserole dish.
5. Heat the oil in a skillet over medium heat, and cook the zucchini, green onions, and garlic 5 minutes, or until tender.
6. Season with garlic salt, basil, paprika, and oregano.
7. Mix in the cooked rice, tomatoes, pepperoni and 1 cup cheese.
8. Continue to cook and stir until heated through.
9. Transfer to the prepared casserole dish. Top with remaining cheese.
10. Bake uncovered 20 minutes, or until cheese is melted and bubbly.



Nutrition Facts	
8 servings per container	
Serving size	(229g)
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 880mg	38%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 239mg	20%
Iron 1mg	6%
Potassium 414mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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