

Parmesan Rice with Zucchini Filling (Gluten Free)

Recipe By *Brynie Greisman*



Cooking and Prep:  1
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Serves:  10

Contains: 

Preference: Dairy

Be brave and try this instead of the usual quiche. You will not be disappointed.

Difficulty: Medium

Occasion: Shavuot, Nine

Days

Diet: Vegetarian, Gluten Free,
Pescetarian

Source: Family Table by
Mishpacha Magazine

Ingredients (19)

Filling

- 2 teaspoons mustard
- 3 tablespoons butter
- 4 zucchini, thinly sliced (approx. 4 cups)

- 1 medium/large onion, chopped
- 1/3 cup chopped parsley
- 1 teaspoon salt, or to taste
- dash pepper, or to taste
- 1/4 teaspoon garlic powder
- 1/2 – 1 cube **Dorot Gardens Frozen Basil** or 1/2 - 1 teaspoon fresh minced basil
- sprinkle of oregano
- 2 eggs, beaten
- 1 cup or more shredded mozzarella or Muenster cheese

Cheesy Rice Crust

- 2 cups cooked rice, brown or white
 - 1 beaten egg
 - 1/4 cup grated cheese
 - 1 and 1/2 – 2 tablespoons fresh lemon juice
 - salt, to taste
 - pepper, to taste
 - handful of chopped parsley
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Start Cooking

For the Crust

1. Grease a round Pyrex casserole dish with butter. Mix all ingredients together and press onto the bottom of dish. Bake at 350°F (180°C) for approximately 20 minutes or until it begins to get crusty.

Fill and Bake

- 1.

Spread slightly cooled crust with mustard. (This can be done easily with a brush.)

2. Melt butter in a large skillet. Add zucchini and onion and sauté approximately 10 minutes until tender. You can cover the skillet part of the time.
3. Remove from flame and add parsley, seasonings, eggs, and cheese. Mix well. Adjust seasonings to taste.
4. Pour onto crust and bake at 375°F (190°C) for approximately 30 minutes or until knife inserted near center comes out clean.
5. Cool slightly, slice, and serve.

Tip:

Both rice and zucchini need to be seasoned well, as they are naturally bland.

Variation:

You can substitute sesame seeds for the parsley.