

Zucchini Delight – Vegan

Prep Time: 10 minutes
Cook Time: 30 minutes
Total Time: 40 minutes

Serving Size: 4
Calories per serving: 302
Fat per serving: 7 grams

'How it all Vegan!', by Tanya Barnard & Sarah Kramer, p-112.

Ingredients

- 1 1/2 cups soy mozzarella cheese, grated
- 1 (28-ounce) can diced tomatoes
- 5 cups zucchini, chopped
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon red pepper flakes
- 1 cup cooked or canned lentils
- 1/2 cup jasmine rice
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Instructions

1. Preheat oven to 350° F.
2. In a large casserole dish, combine 1/2 cup of the cheese with the tomatoes, zucchini, oregano, basil, red pepper flakes, lentils, and the rice. Stir together.
3. Top with remaining cheese and bake uncovered for 30-40 minutes or until rice is done.

Notes

Nutrition facts (per serving): Calories: 302, from fat: 69, total fat: 7g, cholesterol: 0mg, sodium: 730mg, total carbohydrate: 55g, fiber: 13g, sugar: 7g, protein: 5g.