

GOUT-FRIENDLY RECIPES

Zucchini Casserole

Prep and cook time: 1 hour and 30 minutes

Add skinless chicken breasts for variety:

2 pounds zucchini

1 large onion, chopped

1/3 cup raw long-grain rice

1 can low-fat cream of mushroom soup

2 beaten eggs

2 tablespoons butter

1 cup grated reduced-fat cheddar cheese

Directions:

- 1 Pre-heat oven to 350°
- 2 Chop zucchini and onion into pieces
- 3 Lightly sauté zucchini and onion
- 4 While that is sautéing, add rice, soup, butter, and eggs into a big bowl
- 5 Add to rice, soup, eggs, and butter
- 6 Mix and pour into 2-quart casserole
- 7 Top with grated cheese
- 8 Bake 1 hour at 350°