

Roasted Vegetable & Brown Rice Casserole Directions

2 medium zucchini, sliced into half moons
1 pint cherry tomatoes, halved or quartered
1 red bell pepper, sliced
1 ½ tbsp. olive oil, divided
3 eggs
1 tsp. Dijon mustard
1 cup cottage cheese
2 cloves garlic, minced
2/3 cup fresh Parmesan cheese, divided
2/3 cup corn (cut from 1 to 2 ears or frozen)
2 cups cooked brown rice
2 cups cooked shredded chicken
¼ fresh basil, divided

Ingredients listed in bold may be found at the State Street Farmer's Market.



Preheat oven to 425 degrees and spray a 2 ½-quart baking dish with cooking spray. In a rimmed baking dish, toss together zucchini and red bell pepper with 1 tbsp. olive oil, salt and pepper to taste. Roast 10 minutes.

Remove from oven and add the tomatoes and remaining oil. Stir and continue roasting for 15 minutes. Reduce oven temperature to 350 degrees.

Allow vegetables to sit until cool enough to handle. While they're cooling, make the sauce in a large bowl. Whisk together eggs, Dijon mustard, cottage cheese, garlic and half of the Parmesan cheese, salt and pepper to taste.

Dice pepper strips to bite size pieces and add to the egg mixture. Add remaining vegetables, rice, chicken and 2 tbsp. basil. Stir to combine, then transfer to prepared baking dish.

Sprinkle with remaining Parmesan cheese (or add after baking) and cover with foil. Bake 15 minutes, remove foil and bake another 15 minutes or until cheese is golden brown. Rest for 10 minutes and top with remaining basil.