

Baked Italian Rice Casserole

Paula Macri - Gattuso's Bella Cucina
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1 quart fresh zucchini, slightly undercooked
1 pound lean ground beef
1 cup sweet onion, chopped
1 large clove garlic, crushed
1 teaspoon salt
1 teaspoon basil
1/2 teaspoon oregano
1/4 teaspoon pepper
2 cups rice
1 can (8 ounce) seasoned tomato sauce
1 cup ricotta cheese
1 large egg, beaten
1 cup Cheddar cheese, grated

Preheat the oven to 350 degrees.

Cook the rice according to package directions.

In a skillet, cook the zucchini in salted water for about 3 minutes. Drain well. Remove the zucchini and set aside. Add the ground beef, onions, garlic, salt, basil, oregano and pepper to the skillet. Saute' until the onions are transparent. Stir in the cooked rice and tomato sauce.

In a bowl, blend together the ricotta cheese and egg.

In a buttered baking dish, arrange half of the zucchini slices in the bottom of the dish. Spoon the meat mixture on top. Spread the ricotta and egg mixture over the top of the meat mixture. Top with the Cheddar cheese. Bake for about 25 minutes until hot and bubbly.

Per Serving (excluding unknown items): 3580 Calories; 171g Fat (43.9% calories from fat); 171g Protein; 322g Carbohydrate; 9g Dietary Fiber; 796mg Cholesterol; 3450mg Sodium. Exchanges: 19 1/2 Grain(Starch); 20 1/2 Lean Meat; 2 1/2 Vegetable; 21 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	3580	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	43.9%	Vitamin B12 (mcg):	13.0mcg
% Calories from Carbohydrates:	36.6%	Thiamin B1 (mg):	2.5mg

% Calories from Protein: 19.5%
 Total Fat (g): 171g
 Saturated Fat (g): 84g
 Monounsaturated Fat (g): 63g
 Polyunsaturated Fat (g): 7g
 Cholesterol (mg): 796mg
 Carbohydrate (g): 322g
 Dietary Fiber (g): 9g
 Protein (g): 171g
 Sodium (mg): 3450mg
 Potassium (mg): 2379mg
 Calcium (mg): 1590mg
 Iron (mg): 28mg
 Zinc (mg): 29mg
 Vitamin C (mg): 13mg
 Vitamin A (i.u.): 2844IU
 Vitamin A (r.e.): 811 1/2RE

Riboflavin B2 (mg): 2.3mg
 Folic Acid (mcg): 177mcg
 Niacin (mg): 37mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Deficient: 0.0%

Food Exchanges

Grain (Starch): 19 1/2
 Lean Meat: 20 1/2
 Vegetable: 2 1/2
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 21
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3580 Calories from Fat: 1570

% Daily Values*

Total Fat	171g	263%
Saturated Fat	84g	421%
Cholesterol	796mg	265%
Sodium	3450mg	144%
Total Carbohydrates	322g	107%
Dietary Fiber	9g	35%
Protein	171g	
Vitamin A		57%
Vitamin C		21%
Calcium		159%
Iron		156%

* Percent Daily Values are based on a 2000 calorie diet.