

Spicy Mexican Style Zucchini Casserole

Yield: 8 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-zucchini-casserole>

Ingredients:

- 2 tablespoons olive oil
- 3 pounds zucchini cubed
- 1 cup chopped onion
- 1 teaspoon garlic salt
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon cayenne pepper or to taste
- 1 cup long-grain rice cooked
- 1 cup pinto beans cooked
- 2 1/2 cups salsa
- 1 1/2 cups shredded cheddar cheese

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 20 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 11 grams
7. SaturatedFat: 5 grams
8. Sodium: 640 milligrams
9. Sugar: 9 grams

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