

GLUTEN FREE

Cheesy Squash-and-Rice Pie

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.56	277 kcal

Cheesy Squash-and-Rice Pie could be just the gluten free and lacto ovo vegetarian recipe you've been looking for. One portion of this dish contains about 14g of protein, 14g of fat, and a total of 431 calories. For \$1.56 per serving, this recipe covers 12% of your daily requirements of vitamins and...

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 2 large egg whites, lightly beaten
- ☐ 3 tablespoons minced fresh chives or green onions
- ☐ ½ cup 1% low-fat milk
- ☐ 1 cup chopped onion
- ☐ ½ pound cups (1/4-inch-thick) sliced yellow squash (about
- ☐ 1½ teaspoons chopped fresh or 1/2 teaspoon dried rosemary
- ☐ 1½ cups cooked rice
- ☐ 2 large eggs, lightly beaten
- ☐ 4 ounces 1/2 cup garlic and herbs reduced-fat soft spreadable cheese (such as rondele)
- ☐ 1 teaspoon olive oil
- ☐ ¾ teaspoon salt
- ☐ ½ pound cups (1/4-inch-thick) sliced zucchini (about

EQUIPMENT Bowl, Frying pan, Oven, Whisk

Method

- 1

Preheat oven to 35

- 2 Heat oil in a large nonstick skillet over medium heat until hot.
- 3 Add yellow squash, zucchini, onion, and rosemary; cook 20 minutes or until vegetables are tender, stirring occasionally. Cool.
- 4 Combine squash mixture, rice, and chives in a large bowl; spoon into a 9-inch pie plate coated with cooking spray.
- 5 Combine milk and remaining ingredients; stir well with a whisk.
- 6 Pour over squash mixture.
- 7 Bake at 350 for 45 minutes or until center is set.

Nutrition per serving

277

KCAL

11 g

PROTEIN

14 g

FAT

29 g

CARBS

Saturated Fat

6.8 g · 42% of daily needs

Fibre

2.2 g · 9% of daily needs

Sugar

6.1 g · 7% of daily needs

Sodium

672 mg · 29% of daily needs

Cholesterol

125 mg · 42% of daily needs

Vitamin C

24.1 mg · 29% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cheesy-squash-and-rice-pie-143021