

Rosie's Recipe Library

Vegetable Sides Collection

Zucchini Casserole

Primary Dinner Pairing: Smoked Bacon-Wrapped Spinach & Cream Cheese Stuffed Pork Loin

Overview

This creamy low-carb casserole is designed to complement smoked meats without overpowering them. The salted zucchini technique removes excess moisture, producing a rich casserole instead of a watery one.

Ingredients

- 3 large zucchini (¼-inch slices)
 - 1 tsp kosher salt
 - ½ cup heavy cream
 - 2 cups shredded Monterey Jack cheese
 - ½ tsp Italian seasoning
- Optional:** garlic, black pepper, Parmesan, red pepper flakes

Workflow

Phase 1 – Salt zucchini for 30 minutes. Drain and pat completely dry.

Phase 2 – Warm heavy cream until steaming. Remove from heat and melt in Monterey Jack.

Phase 3 – Layer zucchini in a greased 8×8 dish or pie plate. Cover with cheese sauce and Italian seasoning.

Phase 4 – Bake at **400°F** for about **30 minutes** until bubbling and lightly browned. Rest 5–10 minutes.

Rosie's Dinner Pairing Workflow

Pork Loin

- Smoke at 250°F until internal temperature reaches 140–142°F.
- Increase to 325–350°F to crisp the bacon.
- Remove at 145°F and rest 10–15 minutes.

During the Rest

Bake the zucchini casserole. Both dishes finish at nearly the same time, allowing the pork to retain its juices while the casserole browns perfectly.

Serving Suggestions

Finish with chopped parsley, cracked black pepper and freshly grated Parmesan. Spoon a little of the smoked pork juices over each slice of pork before serving.

Nutrition (Approx. Per Serving)

84 Calories • 8g Fat • 2.5g Carbs • 0.6g Fiber • 1.4g Protein

Library Classification

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