

VEGGIE TATER BAKE

Flo's V8 Café - Disney California Adventure® Park



INGREDIENTS

Serves 6

- 3/4 cup bulgur wheat*
- Boiling water, for soaking
- 1 tablespoon extra virgin olive oil
- 2/3 cup diced onion
- 1 teaspoon minced garlic (about 2 cloves)
- 2/3 cup diced zucchini
- 2/3 cup diced yellow squash
- 1/2 cup diced red bell pepper
- 2 1/2 cups vegetarian sausage crumbles
- Coarse salt and freshly ground black pepper, to taste
- 4 cups prepared mashed potatoes
- 6 deli-style slices cheddar or 3/4 cup shredded cheddar

**Bulgur is cracked wheat, and can be found in supermarkets or specialty foods stores. You may substitute whole-wheat couscous.*

DIRECTIONS

1. Place bulgur in a large, heatproof bowl; cover with boiling water. Set aside for 15 minutes; drain excess water and set bulgur aside in bowl.
2. Preheat oven to 400°F.
3. Heat oil over medium heat in a large sauté pan; add onions and cook until translucent, about 2 to 3 minutes. Add garlic and cook until fragrant, 30 second to 1 minute. Increase heat to medium-high and add zucchini, squash and peppers. Cook, stirring often, 3 to 4 minutes. Stir in sausage crumbles and cook until heated through, about 3 minutes more.
4. Add bulgur to pan, stirring to combine. Add salt and pepper to taste.
5. Pour mixture into a 9x9 baking dish, packing firmly with a spatula.
6. Spread mashed potatoes over mixture, then top with cheddar.
7. Bake 10 to 12 minutes, or until cheese is bubbling and light brown at the edges. Let cool 3 to 4 minutes, then cut into squares and serve immediately.