

Cheesy Summer Squash Casserole



Ingredients:

3 cups summer squash
(any type), chopped
1 cup cracker crumbs
(use a reduced-fat cracker)
3/4 cup low-fat cheese,
shredded

1 T. butter or margarine, melted
2 T. onion, chopped fine
2 eggs, beaten
Fresh or dried herbs to taste
Try one herb or a mixture, such as
basil, oregano, thyme, parsley,
or savory.

Prep time: 10 min. Oven time: 1 hour Serving Size: 1 cup Serves: 4

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Directions:

Preheat oven to 350 degrees. Combine all ingredients in a mixing bowl and mix well. Put mixture in a greased baking dish. Cover with foil and bake for 1 hour.

Tips:

- Use yellow, zucchini or pattypan squash
 - Add salsa for extra zest
 - Makes a tasty main dish
 - Reheats well
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Nutrition per serving:	Calories: 190	Fat: 9 g	Fiber: 1.5 g
g=grams; mg=milligrams	Sodium: 359 mg	Total Carbohydrate: 15 g	

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