



Yellow Squash Casserole

Ingredients:

8 medium squash, sliced and chopped
4 onions, chopped
1 Tablespoon vegetable oil
4 garlic cloves, crushed
salt and pepper to taste
1 cup fat-free milk
1 egg
1/2 cup mozzarella cheese
1 cup unsalted crackers, crumbled



Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Preheat oven to 350° F.
3. Slice and chop squash into fourths. Fry squash and onions in oil in a skillet over medium heat, approximately 10 minutes or until tender.
4. Put mixture in a mixing bowl. Add garlic and salt and pepper to taste.
5. Mix milk and egg in a bowl, beat well. Add to squash. Add cheese.
6. Return to skillet. Cook over medium heat until all cheese is melted and mixed completely. Stir to avoid sticking. Do not over stir.
7. Transfer to a casserole dish. Sprinkle with cracker crumbs and bake for 45 minutes.
8. Serve warm.

Nutrition Facts (Per Serving)

calories, 226; carbohydrate, 33 g; protein, 10 g; total fat, 8 g; saturated fat, 2 g; trans fat, 0 g; cholesterol 32 mg; fiber, 5 g; total sugars, 15 g; sodium, 329 mg; calcium, 223 mg; folate, 82 mcg; iron, 2 mg; percent calories from fat, 29%.

Makes 6 servings. Recipe provided by Shiloh Missionary Baptist Church. From the kitchen of Peggy Brown.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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