Squash Casserole

Looking for ways to vary your vegetables? This easy casserole is a great way to try summer squash.

Makes: 6 servings　　**Prep time:** 10 minutes
Cook time: 35 minutes

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the INGREDIENTS

Nonstick cooking spray

¾ cup onions, fresh, peeled, ¼" diced

1 cup zucchini, fresh, unpeeled, grated

1 cup yellow squash, fresh, unpeeled, grated

½ teaspoon parsley, dried

½ teaspoon oregano, dried

⅛ teaspoon salt, table

⅛ teaspoon black pepper, ground

1 egg, large, whole

2 tablespoons milk, fat-free (skim)

1¼ ounces cheddar cheese, sharp, reduced-fat, shredded

the DIRECTIONS

1. Preheat oven to 400 °F.
2. Lightly coat a medium baking dish (8" x 8") with nonstick cooking spray. Set aside.
3. Spray a medium skillet with nonstick cooking spray, and heat over medium–high heat.
4. Sauté onions for 3 minutes or until soft. Stir frequently.
5. Add zucchini and yellow squash. Sauté for 5 minutes. Stir frequently.
6. Add parsley, oregano, salt, and pepper; stir. Continue cooking until zucchini and yellow squash begin to lightly brown, about 5 minutes. Remove from heat.
7. In a small bowl, whisk egg and milk together.
8. Place sautéed vegetables in baking dish. Top with egg and milk mixture, and lightly stir. Be sure to keep vegetables spread evenly on the bottom of the pan. Sprinkle cheese evenly on top of mixture.
9. Bake uncovered for 20 minutes. Heat to 160 °F or higher for at least 15 seconds.
10. Cut pan into 6 pieces. Serve 1 piece.

Critical Control Point: Hold at 140 °F or higher.

the

NUTRITION INFORMATION

the

CACFP CREDITING INFORMATION

For 1 piece.

Nutrients	Amount
Calories	**45**
Total Fat	**2 g**
Saturated Fat	1 g
Cholesterol	30 mg
Sodium	**70 mg**
Total Carbohydrate	**3 g**
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	**3 g**
Vitamin D	N/A
Calcium	76 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP Multicultural Recipe Project.

https://teamnutrition.usda.gov

1 piece provides ½ oz equivalent meat alternate and ¼ cup vegetable.