

## Squash Casserole

<http://www.myrecipes.com/recipe/yellow-squash-casserole-10000000226084/>

### Ingredients

8 cups sliced yellow squash (about 2 pounds)  
1 tablespoon water  
6 ounces hot turkey Italian sausage (about 2 links)  
1/2 cup chopped onion  
2 garlic cloves, minced  
2 (1-ounce) slices day-old white bread  
1/2 cup fat-free sour cream  
1/3 cup (1 1/2 ounces) diced provolone cheese  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 (10.75oz) can condensed cream of mushroom soup  
Cooking spray

### Directions

1. Preheat oven to 350°.
2. Combine squash and water in a large microwave-safe bowl. Cover with plastic wrap; vent. Microwave at HIGH 6 minutes or until tender. Drain well.
3. Remove casing from sausage. Cook sausage, onion, and garlic in a large nonstick skillet over medium-high heat until browned, stirring to crumble. Drain.
4. Place the bread in a food processor, and pulse 10 times or until coarse crumbs form to measure 1 cup. Combine the squash, sausage mixture, 1/2 cup breadcrumbs, sour cream, cheese, salt, pepper, and soup. Spoon squash mixture in a 2-quart casserole coated with cooking spray.
5. Top with remaining 1/2 cup breadcrumbs. Spray breadcrumbs with cooking spray. Bake at 350° for 30 minutes.

\*I used a 3-quart dish instead of a 2-qt. Pre-prepared bread crumbs work OK. Shredded Parmesan works in lieu of provolone.