

Yellow Squash Casserole



Tender squash, gooey cheese and crunchy crackers make this a memorable side dish or a hearty main course. This is a great dish that can be made with low-fat ingredients and is still just as good!

By ROSECART

Prep: 20 mins

Cook: 30 mins

Total: 50 mins

Servings: 10

Yield: 1 - 9x13 inch pan



Ingredients

4 cups sliced yellow squash

½ cup chopped onion

35 buttery round crackers,
crushed

1 cup shredded Cheddar cheese

2 eggs, beaten

¾ cup milk

¼ cup butter, melted

1 teaspoon salt

ground black pepper to taste

2 tablespoons butter

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C).

Step 2

Place squash and onion in a large skillet over medium heat. Pour in a small amount of water. Cover, and cook until squash is tender, about 5 minutes. Drain well, and place in a large bowl.

Step 3

In a medium bowl, mix together cracker crumbs and cheese. Stir half of the cracker mixture into the cooked squash and onions. In a small bowl, mix together eggs and milk, then add to squash mixture. Stir in ¼ cup melted butter, and season with salt and pepper. Spread into a 9x13 inch baking dish. Sprinkle with remaining cracker mixture, and dot with 2 tablespoons butter.

Step 4

Bake in preheated oven for 25 minutes, or until lightly browned.

Nutrition Facts

Per Serving: 196 calories; protein 6.1g; carbohydrates 10.3g; fat 14.8g; cholesterol 68.8mg; sodium 463.5mg.