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Prevent and Protect  
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## LIGHTENED SQUASH CASSEROLE

*SOUTHERN LIVING – JULY 2011*

*(Makes 10-12 Servings)*

- 3** pounds yellow squash
- ½** cup chopped sweet onion
- 1½** teaspoon salt, divided
- 1** cup grated carrots
- 1** (10 <sup>3</sup>/<sub>4</sub> -oz) can reduced-fat cream of chicken soup
- 1** (8-oz) container light sour cream
- ¼** cup chopped fresh chives
- ½** cup crushed cornflakes cereal
- ½** cup crushed French fried onions
- 2** tablespoons melted butter
- ¼** teaspoon freshly ground pepper

- Preheat oven to 350. Cut squash into ¼ -inch-thick slices; place in a Dutch oven. Add onion, 1 teaspoon salt, and water to cover.
- Bring to a boil over medium-high heat; and cook 5 minutes; drain well, and pat squash dry with paper towels.
- Stir together grated carrots, next 3 ingredients, and remaining ½ tsp. salt in large bowl; fold in squash mixture. Spoon into a lightly greased 2-quart oval baking dish.
- Stir together cornflakes and next 3 ingredients in a small bowl. Sprinkle over squash mixture.
- Bake at 350 for 30-35 minutes or until bubbly and golden brown, shielding with aluminum foil after 20-25 minutes to prevent excessive browning, if necessary.
- Let stand 10 minutes before serving.