



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SQUASH CASSEROLE
SOUTHERN LIVING – NOVEMBER 2011
Makes 8 servings

- 4 lbs yellow squash, sliced
- 1 large sweet onion, finely chopped
- 1 cup (4 oz) freshly shredded Cheddar cheese
- 1 cup mayonnaise
- 2 tablespoons chopped fresh basil
- 1 teaspoon garlic salt
- 1 teaspoon freshly ground pepper
- 2 large eggs, lightly beaten
- 2 cups soft, fresh breadcrumbs, divided
- 1 ¼ cups (5 oz) freshly shredded Parmesan cheese, divided
- 2 tablespoons butter, melted
- ½ cup crushed French fried onions

- Preheat oven to 350 degrees.
- Cook yellow squash and sweet onion in boiling water to cover in a Dutch oven 8 minutes or just until vegetables are tender; drain squash mixture well.
- Combine squash mixture, freshly shredded Cheddar cheese, next 5 ingredients, 1 cup breadcrumbs, and ¾ cup Parmesan cheese. Spoon into a lightly greased 13x9 inch baking dish.
- Stir together melted butter, French fried onions, and remaining 1 cup breadcrumbs and ½ cup Parmesan cheese. Sprinkle over squash mixture.
- Bake at 350 for 35-40 minutes or until set.