



**Texas Diabetes Institute**

 **University Health System**

## Squash Casserole

**Preparation time:** 15 minutes

**Number of servings:** 6

**Ingredients:**

1 tablespoon butter  
1 medium onion, chopped  
5 cups yellow squash  
1 tablespoon Splenda©  
½ cup of fat-free evaporated milk  
½ fat-free sour cream  
1 cup of egg substitute  
1 cup of grated Parmesan cheese, divided  
¼ teaspoon black pepper  
Salt to taste  
Non-stick cooking spray  
3 tablespoons seasoned bread crumbs

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**Directions:**

Sauté onion in margarine. Add squash and Splenda©, and cook until tender. Remove squash mixture from heat and allow to cool.

Preheat oven to 350°F.

Stir together evaporated milk, sour cream, and eggs in a bowl. Pour mixture over squash. Add ½ cup of cheese, black pepper, salt, and mix well.

Place mixture in a casserole dish coated with cooking spray. Spread remaining cheese over squash. Top with seasoned bread crumbs. Bake in 350°F oven for 40 minutes.

**Nutrient Analysis:**

Calories: 130  
Carbohydrates: 13 grams  
Fiber: 2 gram  
Protein: 10 grams  
Total fat: 4 grams  
Saturated fat: 2 grams  
Sodium: 210 milligrams

**Source:** Adapted from Katya Buck