



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



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