

Charleston Yellow Squash Casserole

Ingredients

2 lbs yellow squash, sliced
2 cups chopped onions
2 teaspoons salt
1 teaspoon black pepper
1/2 teaspoon ground nutmeg (do not omit this secret ingredient)
4 ounces sharp cheddar cheese, grated (1 cup)
4 ounces low-fat cheddar cheese (1 cup) or 4 ounces fat-free cheddar cheese, grated (1 cup)
1 cup skim milk
1/2 cup egg substitute (Egg Beaters) or 2 whole eggs
16 saltine crackers or 16 Ritz crackers, crushed
1/2 teaspoon paprika

Directions

Mix cheeses together and set aside.
Steam squash and onions for 10 minutes or until tender.
Drain.
Add 1-3/4 cups of cheeses and all other ingredients (except paprika) together.
Pour into a 2-quart casserole dish (9x13x2-inch).
Sprinkle remaining cheese on top.
Just before baking, sprinkle top with paprika, and bake at 350 degrees for 45 minutes or until slightly browned on top.
***This freezes beautifully.

Defrost/thaw before baking.

Recipe courtesy of www.food.com