



Squash, Tomato & Cheese Casserole

Ingredients

4 large zucchini *or* yellow summer squash

1 small onion

3 slices whole wheat bread

3 cups cooked *or* canned tomatoes

1 teaspoon salt

1/8 teaspoon pepper

3/4 cup Colby Jack* cheese, shredded

vegetable oil spray

Makes 8 servings

Instructions

1. Slice squash. Finely chop onion. Cut bread into small pieces, set ingredients aside.
2. Put tomatoes in baking pan prepared with vegetable oil spray: cut up any large pieces of tomato.
3. Sprinkle onion, bread, salt, and pepper over tomatoes. Layer squash on top. Sprinkle cheese on top squash.
4. Cover and bake at 375° F about 45 minutes until squash is tender.

Note:

- Or cheese* of your choice.

Nutrition Facts

Serving Size 2 cups
Servings Per Container 8

Amount Per Serving

Calories 110 **Calories from Fat** 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 590mg **25%**

Total Carbohydrate 15g **5%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 6g

Vitamin A 10% • Vitamin C 70%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

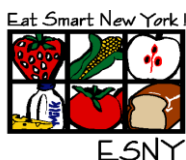
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

29% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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