

Squash Casserole

With its cracker topping and rich filling, this casserole doubles as a hearty side dish or light vegetarian main course.

Prep: 30 minutes Bake: 20 minutes

2 tablespoons butter or margarine

1 large onion (12 ounces), thinly sliced

1 pound yellow squash (2 medium),
cut into 1/2-inch-thick slices

1 pound zucchini (2 medium), cut into 1/2-inch-thick slices

1/2 teaspoon salt

1 garlic clove, finely chopped

1/8 teaspoon ground red pepper (cayenne)

2 tablespoons all-purpose flour

1/2 cup milk

1/2 cup reduced-fat sour cream

4 tablespoons freshly grated Parmesan cheese

1/2 cup saltine cracker crumbs

1. Preheat oven to 350°F. In 12-inch skillet, melt butter over medium heat. Add onion and cook, stirring frequently, until tender, about 5 minutes. Increase heat to medium-high. Add yellow squash, zucchini, and salt and cook, stirring occasionally, until tender, about 10 minutes. Stir in garlic and ground red pepper and cook 30 seconds. Reduce heat to low; sprinkle flour over vegetables and cook, stirring, 1 minute. Add milk and heat to boiling, stirring until browned bits are loosened from bottom of skillet. Remove from heat and stir in sour cream and 3 tablespoons Parmesan.

2. Spoon squash mixture into shallow 1 1/2-quart baking dish. Sprinkle with cracker crumbs and remaining 1 tablespoon Parmesan. Bake until bubbling at edges, about 20 minutes. Makes 8 accompaniment servings.

Each serving: About 130 calories, 5g protein, 13g carbohydrate, 7g total fat (4g saturated), 17mg cholesterol, 307mg sodium.