

# Zucchini Squash Casserole

**Recipe Type:** Main Dish

**Serves:** 6

**Prep Time:** 15 minutes

**Cooking Time:** 1 hour

**C means cup    T means tablespoon    t means teaspoon    oz means ounce**

**What you need:**

- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 2 large carrots, diced
- 1 small red onion, diced
- 1 T water
- 1/2 C fat-free sour cream
- 6 oz box seasoned cornbread stuffing
- 10.5 oz can low-sodium cream of chicken soup
- 1/2 t black pepper



This is a picture of 1 serving.

**What to do:**

1. Preheat the oven to 350° degrees.
2. Wash your hands.
3. Slice the zucchini and squash.
4. Dice the carrots and onions.
5. Heat the water in a large pot.
6. Add the veggies.
7. Cook for 5 minutes.
8. Add the cream of chicken soup, sour cream, pepper and 1/4 C of the stuffing.
9. Cook for 20 minutes.
10. Put half of the mixture on an 8 inch by 8 inch baking dish.
11. Layer half the stuffing on top of it and pat it so that it is flat.
12. Repeat with the other half of the mixture and stuffing.
13. Bake for 35 minutes.
14. Serve warm and enjoy!

<b>Nutrition Facts</b>	
<b>Serving Size 1 C</b>	
<b>Amount Per Serving</b>	
<b>Calories 130</b>	<b>Calories from Fat 30</b>
<b>%Daily Value*</b>	
<b>Total Fat 3.5 g</b>	<b>5%</b>
Saturated Fat 1 g	<b>5%</b>
Trans Fat 0 g	
<b>Cholesterol 5 mg</b>	<b>2%</b>
<b>Sodium 360 mg</b>	<b>15%</b>
<b>Total Carbohydrate 23 g</b>	<b>8%</b>
Dietary Fiber 3 g	<b>12%</b>
Sugars 6 g	
<b>Protein 4 g</b>	
Vitamin D 0%	
Calcium 8%	

\* Percent Daily Values are based on a 2,000 calorie diet.

FK= 2.4; 11/14/2012

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: [www.NJHelps.org](http://www.NJHelps.org); or to learn more go to [www.fns.usda.gov/fsp](http://www.fns.usda.gov/fsp). USDA is an equal opportunity provider and employer.

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