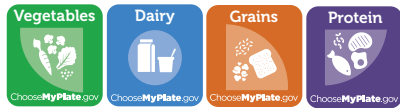


Eat Smart • Move More

Summer Squash and Zucchini Casserole

Prep Time: 10 minutes

Total Time: 50 minutes



Ingredients

Nonstick cooking spray
3 summer squash, diced
1 onion, diced
1 cup instant brown rice
1 ½ cups 1% milk
1 egg
½ teaspoon Italian seasoning
⅛ teaspoon ground black pepper
1 cup reduced fat cheddar cheese, shredded

Directions

- Heat oven to 375°F. Spray a baking dish with nonstick cooking spray.
- Add summer squash, onion, and brown rice to the baking dish and stir to combine.
- In a mixing bowl, whisk together milk, egg, Italian seasoning, and pepper. Pour mixture over ingredients in the baking dish and gently stir to combine. Sprinkle cheddar cheese over top of casserole.
- Bake for 35 minutes or until liquid is absorbed. Let casserole set 5 minutes before serving.

Nutrition Facts

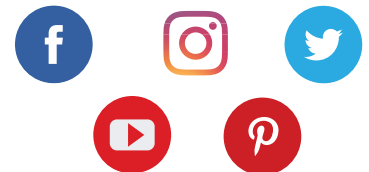
6 servings per container	
Serving size	1 serving
	(249.64g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes g of Added Sugars	
Protein 10g	
Vitamin D 1mcg	4%
Calcium 250mg	20%
Iron 1mg	4%
Potassium 398mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ You can change the flavor of this casserole by choosing different seasonings or cheeses.
- ▶ Try adding your favorite leafy greens for extra veggies!
- ▶ Pair with chicken, salmon, or pork.

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(Recipe adapted from: <https://whatscooking.fns.usda.gov/>)

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