

# **Squash Parmesan Dinner**

Recipe Card

Integrated Marketing Services

**Servings: 6**

**Preparation Time: 20 minutes**

**Cook time: 40 minutes**

**1 pound ground beef**  
**1/2 teaspoon salt, divided**  
**1/2 teaspoon pepper, divided**  
**1 large yellow squash, cut into 1/4-inch slices**  
**1 large zucchini, cut into 1/4-inch slices**  
**2 eggs, slightly beaten**  
**1/2 cup fine dry Italian breadcrumbs**  
**4 tablespoons olive oil, divided**  
**1 carton (15 oz) part-skim ricotta cheese**  
**1 can (15 oz) tomato sauce**  
**1/2 cup Parmesan cheese, grated**

Preheat the oven to 350 degrees.

In a large skillet, cook the beef over medium-high heat until no longer pink, 3 to 5 minutes. Drain the fat.

Transfer the beef to a bowl. Stir in 1/2 the salt and 1/2 the pepper. Set aside.

Sprinkle the remaining salt and pepper on the squash and zucchini.

Place the eggs in a shallow dish. Place the breadcrumbs in another shallow dish.

Dip the squash and zucchini slices in the eggs, letting the excess drip off. Dip in the breadcrumbs, coating both sides.

Wipe out the skillet. Add three tablespoons of the olive oil and heat over medium heat.

Add the squash and zucchini, half at a time. Cook for 4 minutes or until golden brown, turning once. (Add the remaining tablespoon of oil, if needed, during cooking).

In a rectangular 2-quart baking dish, arrange half of the squash and zucchini slices.

Top evenly with half of the beef. Top the beef with dollops of half the ricotta. Pour half of the tomato sauce over all. Sprinkle with half of the Parmesan.

Repeat the layers with the remaining ingredients.

Bake, uncovered, for 25 minutes or until bubbly.

Let stand for 10 minutes before serving.

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Per Serving (excluding unknown items): 368 Calories; 27g Fat (66.6% calories from fat); 23g Protein; 7g Carbohydrate; 1g Dietary Fiber; 153mg Cholesterol; 676mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 3 1/2 Fat.