

Baked Pepper-Cheese Squash

Mrs. William A. Atkinson

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

Servings: 10

2 pounds fresh summer squash OR
two ten-ounce packages frozen squash
8 slices bacon
1 large onion, cut in rings
1 roll jalapeno cheese, cut up
bread crumbs

Preheat the oven to 325 degrees.

Boil the squash.

In a skillet, fry the bacon until crisp. Remove from the pan. Crumble.

Brown the onion rings in some of the bacon drippings.

In a 9x9-inch shallow baking dish, layer one-half of the squash, one-half of the bacon, one-half of the onion rings and one-half of the cheese. Repeat the layers.

Sprinkle with the bread crumbs.

Bake for 40 minutes.

Per Serving (excluding unknown items): 44 Calories; 3g Fat (69.0% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 7mg Cholesterol; 125mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	44	Vitamin B6 (mg):	trace
% Calories from Fat:	69.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	2mcg
Saturated Fat (g):	1g	Niacin (mg):	trace

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 7mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 2g
Sodium (mg): 125mg
Potassium (mg): 44mg
Calcium (mg): 3mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 44 Calories from Fat: 31

% Daily Values*

Total Fat	3g		5%
	Saturated Fat	1g	7%
Cholesterol	7mg		2%
Sodium	125mg		5%
Total Carbohydrates	1g		0%
	Dietary Fiber	trace	1%
Protein	2g		

Vitamin A			0%
Vitamin C			4%
Calcium			0%
Iron			1%

* Percent Daily Values are based on a 2000 calorie diet.