

# Double-Squash Scallop

Unitarian Universalist Fellowship of Vero Beach, FL 2000 Jeanette Webber

## Servings: 10

*2 tablespoons butter*  
*1/2 green pepper, chopped*  
*1 medium onion, chopped*  
*2 to 3 medium yellow squash, grated*  
*2 to 3 medium zucchini squash, grated*  
*3 eggs*  
*1/2 teaspoon salt*  
*1/4 teaspoon pepper*  
*1/2 teaspoon oregano*  
*1/2 cup milk*  
*1 cup Cheddar cheese, shredded*  
*1/2 cup Saltine crumbs*

Preheat the oven to 325 degrees.

In a saucepan, saute' the onion and pepper in butter. Add the squash. Cook to evaporate the excess liquid.

In a bowl, combine the eggs, salt, pepper and oregano in the milk. Beat well.

Place one-half of the squash mixture into a two-quart casserole. Top with one-half of the cheese and cracker crumbs.

Place the remaining squash in another layer. Pour the egg/milk mixture over the squash. Place the remaining cheese and crumbs on the top.

Bake for 60 minutes.

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Per Serving (excluding unknown items): 102 Calories; 8g Fat (70.4% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 83mg Cholesterol; 228mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.