

# Squash Casserole II

Easy-Off

1 1/2 pounds (4 medium) yellow squash  
1 teaspoon olive oil  
1/2 cup onion, finely chopped  
1/4 cup carrot, grated  
1 can (10.75 ounce) condensed reduced-fat, reduced-sodium cream of chicken soup, undiluted  
1 carton (8 ounce) fat-free sour cream  
1 tablespoon fresh parsley, chopped  
1 teaspoon fresh oregano, chopped  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
1 cup herb-seasoned stuffing mix, divided  
cooking spray

**Preparation Time: 10 minutes**  
**Cook Time: 40 minutes**  
Preheat the oven to 325 degrees.

Cut the squash into quarters. Cook the squash in boiling water for 12 minutes or until very tender. Drain. Place the squash in a large bowl and mash with a potato masher. Set aside.

Heat the oil in a small skillet over medium-high heat. Add the onion and carrot. Saute' for 3 minutes.

Add the onion mixture to the squash. Stir in the soup, sour cream, parsley, oregano, salt and pepper.

Sprinkle one-half cup of the stuffing mix in an eight-inch-square baking dish coated with cooking spray. Spoon the squash mixture over the stuffing mix. Top with the remaining stuffing mix.

Bake, uncovered, for 30 minutes.

Per Serving (excluding unknown items): 143 Calories; 5g Fat (30.0% calories from fat); 5g Protein; 22g Carbohydrate; 6g Dietary Fiber; 3mg Cholesterol; 1107mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

Side Dish

**Per Serving Nutritional Analysis**

Calories (kcal):	143	Vitamin B6 (mg):	.3mg
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% Calories from Fat:	30.0%
% Calories from Carbohydrates:	56.2%
% Calories from Protein:	13.8%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	3mg
Carbohydrate (g):	22g
Dietary Fiber (g):	6g
Protein (g):	5g
Sodium (mg):	1107mg
Potassium (mg):	673mg
Calcium (mg):	123mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	30mg
Vitamin A (i.u.):	10335IU
Vitamin A (r.e.):	1119RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	70mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	1/2

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	143	Calories from Fat: 43
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### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	1g	4%
<b>Cholesterol</b>	3mg	1%
<b>Sodium</b>	1107mg	46%
<b>Total Carbohydrates</b>	22g	7%
Dietary Fiber	6g	26%
<b>Protein</b>	5g	
<b>Vitamin A</b>		207%
<b>Vitamin C</b>		50%
<b>Calcium</b>		12%
<b>Iron</b>		9%

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