

# Yellow Squash & Zucchini Gratin

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## Servings: 6

2 tablespoons butter  
3 medium zucchini, cut into 1/4-inch slices  
2 medium yellow summer squash, cut into 1/4-inch slices  
2 shallots, minced  
1/2 teaspoon sea salt  
1/4 teaspoon coarsely ground pepper  
4 cloves garlic, minced  
1/2 cup heavy whipping cream  
1 cup panko bread crumbs, divided  
1/2 cup Parmesan cheese, grated and divided

## Preparation Time: 25 minutes

### Bake: 10 minutes

Preheat the oven to 450 degrees.

In a large skillet, melt the butter over medium heat. Add the zucchini, yellow squash and shallots. Sprinkle with salt and pepper. Cook, stirring occasionally, until the zucchini and squash are crisp-tender, 4 to 6 minutes. Add the garlic. Cook for 1 minute more.

Add the cream. Cook until thickened, 3 to 5 minutes. Remove from the heat. Stir in 1/3 cup of bread crumbs and 1/4 cup of cheese.

Spoon the mixture into a greased 11x7-inch or two-quart baking dish. Sprinkle with the remaining bread crumbs and cheese.

Bake until golden brown, 8 to 10 minutes.

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Per Serving (excluding unknown items): 152 Calories; 13g Fat (76.0% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 331mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	152	Vitamin B6 (mg):	.1mg
% Calories from Fat:	76.0%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	12.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	11.6%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 13g  
**Saturated Fat (g):** 8g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 43mg  
**Carbohydrate (g):** 5g  
**Dietary Fiber (g):** 1g  
**Protein (g):** 5g  
**Sodium (mg):** 331mg  
**Potassium (mg):** 287mg  
**Calcium (mg):** 126mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 10mg  
**Vitamin A (i.u.):** 1232IU  
**Vitamin A (r.e.):** 208 1/2RE

**Folacin (mcg):** 24mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

### Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

**Calories** 152 **Calories from Fat:** 115

### % Daily Values\*

<b>Total Fat</b>	13g	20%
	Saturated Fat 8g	41%
<b>Cholesterol</b>	43mg	14%
<b>Sodium</b>	331mg	14%
<b>Total Carbohydrates</b>	5g	2%
	Dietary Fiber 1g	5%
<b>Protein</b>	5g	
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<b>Vitamin A</b>		25%
<b>Vitamin C</b>		16%
<b>Calcium</b>		13%
<b>Iron</b>		3%

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