

Zucchini Bake II

Jan Roberts

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

3 small (six-inch) green squash, cut into pieces
1 green pepper, cut up
1 red pepper, cut up
1 onion, cut into small pieces
1 can (4 ounce) mushrooms (or fresh mushrooms)
1 tablespoon margarine
1 cup + 1 heaping tablespoon Bisquick® baking mix
1/2 teaspoon baking powder
3 eggs, beaten
1/2 pound mozzarella cheese, shredded

In a skillet, saute' in margarine the squash, green pepper, red pepper, onion and mushrooms. Set aside.

In a bowl, mix together the Bisquick, baking powder, eggs and mozzarella cheese. Add the vegetables to the Bisquick mixture.

Turn the mixture into a greased 13x9-inch or 9x9-inch pan.

Bake in the oven at 350 degrees for 30 minutes.

Serve plain or with a mushroom sauce.

(Can be eaten cold and goes well with a fish meal.)

Per Serving (excluding unknown items): 1633 Calories; 99g Fat (54.2% calories from fat); 79g Protein; 108g Carbohydrate; 10g Dietary Fiber; 839mg Cholesterol; 2937mg Sodium. Exchanges: 5 Grain(Starch); 9 1/2 Lean Meat; 4 Vegetable; 14 Fat; 0 Other Carbohydrates.