

Zucchini Casserole

*Christine Chanblin - St. Petersburg, FL
Southern Living - 1987 Annual Recipes*

Servings: 8

*1 bay leaf
6 medium zucchini, sliced
2 eggs, slightly beaten
1 cup sour cream
1 cup (4 ounces) Cheddar cheese,
shredded
1 teaspoon dried whole basil
1/2 teaspoon dried whole oregano
1/2 teaspoon tea, garlic powder
1/4 teaspoon salt
1/2 teaspoon pepper
2 tomatoes, chopped
6 slices bacon, cooked and crumbled
1/3 cup dry Italian seasoned
breadcrumbs
2 tablespoons Parmesan cheese, grated*

Preheat the oven to 350 degrees.

In a saucepan, combine the bay leaf and a small amount of water. Boil. Arrange the zucchini in a steaming rack or colander. Reduce the heat and place the rack in the saucepan. Cover and steam for 8 minutes or until the zucchini is crisp-tender. Set aside.

In a large bowl, combine the eggs, sour cream, Cheddar cheese, basil, oregano, garlic, salt and pepper. Stir to mix.

Add the zucchini, tomatoes and bacon. Stir gently to mix.

Spoon the mixture into a lightly greased 12x8x2-inch baking dish. Combine the breadcrumbs and Parmesan cheese. Sprinkle over the casserole.

Bake for 30 minutes.

Per Serving (excluding unknown items): 198 Calories; 15g Fat (65.8% calories from fat); 10g Protein; 8g Carbohydrate; 2g Dietary Fiber; 86mg Cholesterol; 294mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 2 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	198	Vitamin B6 (mg):	.2mg
% Calories from Fat:	65.8%	Vitamin B12 (mcg):	.5mcg

% Calories from Carbohydrates: 14.7%
 % Calories from Protein: 19.5%
 Total Fat (g): 15g
 Saturated Fat (g): 8g
 Monounsaturated Fat (g): 5g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 86mg
 Carbohydrate (g): 8g
 Dietary Fiber (g): 2g
 Protein (g): 10g
 Sodium (mg): 294mg
 Potassium (mg): 542mg
 Calcium (mg): 190mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 21mg
 Vitamin A (i.u.): 1163IU
 Vitamin A (r.e.): 205RE

Thiamin B1 (mg): .2mg
 Riboflavin B2 (mg): .2mg
 Folic Acid (mcg): 50mcg
 Niacin (mg): 1mg
 Caffeine (mg): 2mg
 Alcohol (kcal): 0
 % Daily Value

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 198 Calories from Fat: 131

% Daily Values*

Total Fat	15g	23%
Saturated Fat	8g	41%
Cholesterol	86mg	29%
Sodium	294mg	12%
Total Carbohydrates	8g	3%
Dietary Fiber	2g	9%
Protein	10g	
Vitamin A		23%
Vitamin C		35%
Calcium		19%
Iron		7%

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