

Zucchini, Squash and Corn Casserole

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Servings: 8

*1 1/2 pounds yellow squash, cut into
1/4-inch-thick slices
1 1/2 pounds zucchini, cut into
1/4-inch-thick slices
1/4 cup butter, divided
2 cups sweet onion, diced
2 cloves garlic, minced
3 cups fresh corn kernels
1 1/2 cups (6 ounces) white Cheddar
cheese, freshly shredded
1/2 cup sour cream
1/2 cup mayonnaise
2 large eggs, lightly beaten
2 teaspoons freshly ground black
pepper
1 teaspoon table salt
1 1/2 cups soft fresh breadcrumbs,
divided
1 cup freshly grated Asiago cheese,
divided*

Preheat the oven to 350 degrees.

In a Dutch oven over medium-high heat, bring the squash and zucchini with water to cover to a boil. Boil for 5 minutes or until crisp-tender. Drain. Gently press between paper towels.

Melt two tablespoons of the butter in a skillet over medium-high heat. Add the onion and saute' for 10 minutes or until tender. Add the garlic and saute' for 10 minutes.

Stir together the squash, onion mixture, corn, cheese, sour cream, mayonnaise, eggs, black pepper and salt. Add 1/2 cup of the breadcrumbs and 1/2 cup of the Asiago cheese just until blended. Spoon the mixture into a lightly greased 13x9-inch baking dish.

Melt the remaining two tablespoons of butter. Stir in the remaining one cup of breadcrumbs and 1/2 cup of Asiago cheese. Sprinkle over the casserole.

Bake for 45 to 50 minutes or until golden brown and set.

Let stand 15 minutes before serving.

Per Serving (excluding unknown items): 298 Calories; 23g Fat (63.1% calories from fat); 6g Protein; 23g Carbohydrate; 5g Dietary Fiber; 80mg Cholesterol; 460mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	298	Vitamin B6 (mg):	.4mg
% Calories from Fat:	63.1%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	29.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	7.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	23g	Folacin (mcg):	76mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	80mg	% Refuse:	0.0%
Carbohydrate (g):	23g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	460mg	Vegetable:	1 1/2
Potassium (mg):	626mg	Fruit:	0
Calcium (mg):	72mg	Non-Fat Milk:	0
Iron (mg):	2mg	Fat:	3
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	21mg		
Vitamin A (i.u.):	1073IU		
Vitamin A (r.e.):	177 1/2RE		

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 298 **Calories from Fat:** 188

% Daily Values*

Total Fat	23g	35%
Saturated Fat	8g	38%
Cholesterol	80mg	27%
Sodium	460mg	19%
Total Carbohydrates	23g	8%
Dietary Fiber	5g	20%
Protein	6g	
Vitamin A		21%
Vitamin C		36%
Calcium		7%
Iron		9%

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