



Squash Casserole

Nonstick cooking spray
1 lb. yellow crookneck squash, sliced thin
1 can evaporated skim milk
1 egg
2 teaspoons Worcestershire sauce
½ teaspoon garlic powder
¼ - ½ teaspoon pepper
1 tablespoon cornstarch
4 ounces shredded cheddar cheese (no more than 5 grams fat per ounce)
1 small green bell pepper, chopped (optional)
1 small onion, chopped
¾ cup bread crumbs

Preheat oven to 350 degrees. Steam squash for 5 minutes. Spray 1-quart casserole with nonstick spray. In bowl combine milk, egg, Worcestershire sauce, garlic powder, pepper, cornstarch, and cheese. Mix well with wire whisk. Stir in bell pepper and onion. In casserole, spread squash; pour egg mixture on top. Bake 45 minutes. Remove from oven and sprinkle with breadcrumbs. Bake additional 15 minutes.

Makes 8 servings. *Per serving: 141 calories, 4 grams fat, 17 grams carbohydrate, 220mg sodium, 1 gram fiber.* From *The New Living Heart Diet* by Michael E. DeBakey.

Last summer Bob Swayngim, a gardener, and one of our long time [Heart Path](#) participants, tested a few squash casserole recipes and gave this one the thumbs up. He likes to add about a cup of chopped potatoes (lightly steamed with the squash). Bob is already freezing crookneck squash from his garden so he can enjoy this dish in the winter months.

Thanks for your contribution Bob!

Your Partners in Health,
Candace and Lucy