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Squash, Tomato & Cheese Casserole

Ingredients:

- 4 large zucchini or yellow summer squash
- 1 small onion
- 3 slices whole wheat bread
- 3 cups cooked or canned tomatoes
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 3/4 cup Colby Jack* cheese, shredded
- vegetable oil spray

Makes 8 servings - 29% calories from fat

*or cheese of your choice

Instructions:

1. Slice squash. Finely chop onion. Cut bread into small pieces, set ingredients aside.
2. Put tomatoes in baking pan prepared with vegetable oil spray: cut up any large pieces of tomato.
3. Sprinkle onion, bread, salt, and pepper over tomatoes. Layer squash on top. Sprinkle cheese on top squash.
4. Cover and bake at 375° F about 45 minutes until squash is tender.

Nutrition Facts	
Serving Size 2 cups	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 590mg	25%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 8g	
Protein 6g	
Vitamin A 10%	Vitamin C 70%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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