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Tex-Mex Summer Squash Casserole

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From *EatingWell: Summer 2004, The EatingWell Diabetes Cookbook (2005)*

Chiles and cheese turn mild summer squash into a zesty, satisfying casserole. The jalapenos make this dish quite hot; if you prefer a milder version, use a second can of diced green chiles instead.

12 servings | **Active Time:** 20 minutes | **Total Time:** 1 1/2 hours

Ingredients

- 2 1/4 pounds summer squash, quartered lengthwise and thinly sliced crosswise (about 10 cups)
- 2/3 cup finely chopped yellow onion
- 1 4-ounce can chopped green chiles
- 1 4-1/2-ounce can chopped jalapenos, (about 1/2 cup), drained
- 1/2 teaspoon salt, or to taste
- 2 1/4 cups grated extra-sharp Cheddar cheese, (about 7 ounces), divided
- 1/4 cup all-purpose flour
- 3/4 cup mild salsa
- 4 scallions, thinly sliced, for garnish
- 1/4 cup finely chopped red onion, for garnish

Preparation

1. Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Combine squash, onion, chiles, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil.
3. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated

through, 20 to 30 minutes. Sprinkle with scallions and red onion.

Nutrition

Per serving : 101 Calories; 5 g Fat; 3 g Sat; 0 g Mono; 15 mg Cholesterol; 9 g Carbohydrates; 5 g Protein; 3 g Fiber; 217 mg Sodium; 265 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1 vegetable, 1/2 high-fat meat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days. Reheat, covered, at 350°F for about 40 minutes. Garnish just before serving.