



Side Dish

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ALABAMA

#EatBetter

Squash Casserole with Saltine Crust

Helpful Hints

Did you know potassium is good for your heart? Just one medium yellow squash is packed with potassium.

Serve new veggies with something your child likes, such as cheese and crackers.



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Squash Casserole with Saltine Crust

Serves 8

Ingredients

Cooking spray

6 medium yellow squash,
sliced

1 yellow onion, chopped

Salt and black pepper to
taste

2 eggs

1 sleeve saltine crackers,
crushed

1 6-ounce package cheddar
cheese, shredded

Directions

1. Preheat oven to 325 degrees F. Coat a 9"×13" baking dish with cooking spray.
2. Place squash and onion in dish. Sprinkle with salt and pepper. Bake 15 minutes.
3. Using a fork, mix eggs in small bowl and pour over veggies.
4. Sprinkle crackers and cheese over veggies.
5. Bake 30 minutes.