



Squash Casserole

Looking for ways to vary your vegetables? This easy casserole is a great way to try summer squash.

CACFP CREDITING INFORMATION

1 piece provides ½ oz equivalent meat alternate and ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Preheat oven to 400 °F.
Nonstick cooking spray		2 sprays		2 sprays	2 Lightly coat steam table pan with nonstick cooking spray. Set aside. For 25 servings, use 1 half pan (10 ³ / ₈ " x 12 ³ / ₄ " x 4"). For 50 servings, use 1 full pan (12" x 20" x 4").
					3 Spray an extra-large skillet or tilting skillet with non-stick cooking spray and heat over medium–high heat.
*Onions, fresh, peeled, ¼" diced	14½ oz	3⅛ cup	1 lb 13 oz	1 qt 2¼ cup	4 Sauté onions for 5 minutes or until soft. Stir frequently.
*Zucchini, fresh, unpeeled, grated	14½ oz	1 qt	1 lb 13 oz	2 qt	5 Add zucchini and yellow squash. Sauté for 10 minutes. Stir frequently.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Yellow squash, fresh, unpeeled, grated	14½ oz	1 qt	1 lb 13 oz	2 qt	
Parsley, dried		2 tsp		1 Tbsp 1 tsp	6 Add parsley, oregano, salt, and pepper and stir. Continue cooking until zucchini and yellow squash begin to lightly brown, about 7–10 minutes. Remove from heat.
Oregano, dried		2 tsp		1 Tbsp 1 tsp	
Salt, table		½ tsp		1 tsp	
Black pepper, ground		½ tsp		1 tsp	
Egg, large, whole		4 each		8 each	7 In a medium bowl whisk egg and milk together.
Milk, fat-free (skim)		½ cup		1 cup	
Sharp cheddar cheese, reduced-fat, shredded	5 oz		10 oz		8 Place sautéed vegetables in baking dish. Top with egg and milk mixture and lightly stir, keeping vegetables evenly distributed on the bottom of the pan. Sprinkle cheese evenly on top of mixture. Bake uncovered for 25 minutes. Critical Control Point: Heat to 160 °F or higher for at least 15 seconds.
					9 For 25 servings, cut each pan 5 x 5 (25 pieces). For 50 servings, cut full pan 5 x 10 (50 pieces).
					10 Serve 1 piece. Critical Control Point: Hold at 140 °F or higher.

NUTRITION INFORMATION

For 1 piece.

NUTRIENTS	AMOUNT
Calories	45
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	30 mg
Sodium	70 mg
Total Carbohydrate	3 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	3 g
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Vitamin D	N/A
Calcium	76 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onion	1 lb 1 oz	2 lb 1 oz
Zucchini	1 lb	1 lb 13 oz
Yellow squash	15 oz	1 lb 14 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

YIELD/VOLUME

25 Servings	50 Servings
3 lb 2 oz 1 half pan	6 lb 4 oz 1 full pan