Yellow Squash, Red Onion, Corn & Sugar Snap Gratin

Inspired by an Ina Garten recipe for Zucchini Gratin



3 tablespoons unsalted butter 1/2 large red onion, chopped 1 pound yellow crookneck squash, sliced thinly 1/3 cup corn 1/2 cup sugar snap peas, strings removed and coarsely chopped Salt and freshly ground black pepper to taste 1/8 teaspoon fresh nutmeg 1 tablespoon all-purpose flour 1/2 cup whole milk, hot 1/2 cup Panko 1/4 cup Fontina cheese, grated 1 tablespoon butter, for the top

Per Serving (excluding unknown items): 229 Calories; 15g Fat (58.7% calories from fat); 6g Protein; 18g Carbohydrate; 4g Dietary Fiber; 43mg Cholesterol; 128mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 3 Fat.

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. In a large skillet melt the butter.

2. Chop up the red onion finely and add to the butter. Saute over low to medium heat for about 10-15 minutes until the onion is completely wilted.

3. Add the thinly sliced yellow squash to the pan, stir so the squash mixes up with the onion and butter, cover and allow to cook over low heat for about 10 minutes, until the squash is just barely cooked through and is limp. Add the corn and sugar snaps. Cook for another minute or two. 4. Preheat oven to 400°.

5. Add salt, pepper, nutmeg and flour. Stir around so the flour is disbursed throughout. Pour in the hot milk and stir until the "gravy" has formed and thickened. Continue to cook for about 1-2 minutes over low heat. Scoop the vegetables into a casserole dish (wider rather than tall if possible).

6. Meanwhile, in a small bowl combine the panko and the cheeses; stir to mix. Sprinkle the mixture evenly over the top of the casserole and dot the top with butter.

7. Bake for 20 minutes until the top is golden brown and the mixture is bubbling. Remove from oven and allow to sit just a couple of minutes before serving.